

'Culturally Responsiveness for Specialist Mental Health Services'

A 5-module VTPU training course for all mental health professionals

Course content builds from one module to the next and participants are encouraged to complete all 5 sessions, however participants may also choose to enrol in single modules.

Please note: Registrations will commence from 9:15am for all modules. Training commences at 9:30am and finishes at 4:30.

Registration for each module is on-line at www.vtpu.org.au If you have any questions please call 9288 3300. We require a minimum of 5 working days cancellation notice if you have registered and are unable to attend. We often have a waiting list and this provides sufficient time to offer your spot to someone else. A Certificate of Completion will be provided at the end of a module.

The venue for all training sessions is the Victorian Transcultural Psychiatry Unit.

1. Culturally responsive mental health services: community and organisational strategies*

Purpose: to increase mental health workers' cultural knowledge, awareness and skills regarding:

- mental health issues associated with migration, settlement and government responses
- obligations under legal, national and state policy and Human Rights frameworks
- approaches to engagement with CaLD communities, clients and carers and reducing service barriers
- a whole of organisation approach to improving cultural responsiveness

2. Understanding CaLD consumers and carers, and Working effectively with interpreters

Purpose: to increase mental health workers' knowledge, awareness and skills in relation to:

- mental health issues associated with migration, psychosocial adjustment to settlement and acculturation processes, and the formation of an ethnic identity
- the lived experiences and additional mental health needs of CaLD consumers and carers in accessing and utilising mental health services
- differing strategies and resources for engaging CaLD consumers and carers in assessment, treatment and recovery-oriented programs
- working effectively with interpreters to ensure accurate communication, treatment and co-operation.

3. Values and the sense of self across cultures: issues in assessment

Purpose: to increase mental health workers' knowledge, awareness and skills regarding:

- potential differences in their own and CaLD clients' cultural values, that may influence the clinical relationship and relationship with the family
- differences in expressions of emotions across cultures and the meaning of somatic presentations
- understanding the impact of differences in values, sense of self and emotions on assessment and recovery-oriented practice
- conducting a culturally sensitive mental health assessment, including the Cultural Formulation

4. Cultural beliefs about mental health and illness: negotiating explanatory models

Purpose: to increase mental health workers' knowledge, awareness and skills regarding:

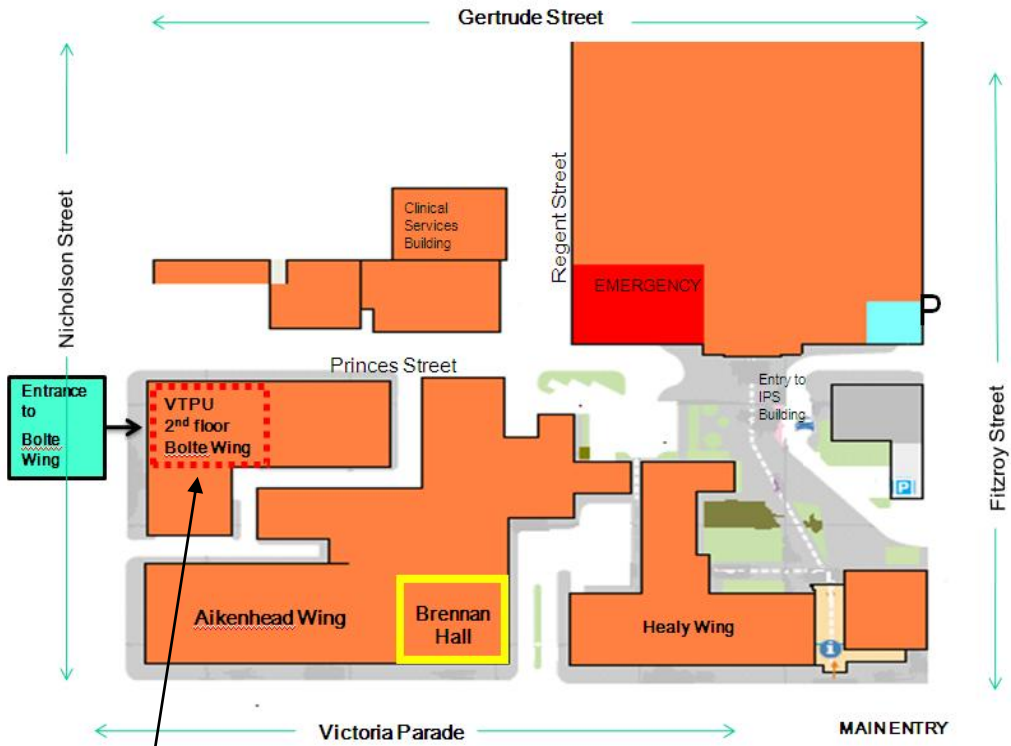
- cultural issues influencing the manifestations of mental illness and culturally normative differentiating beliefs from mental illness
- enhance understanding of how beliefs may contribute to CaLD communities' delays in access to mental health services, attitudes to mental illness and responsiveness to treatment
- effective engagement with CaLD clients and families by identifying potential differences in explanatory models of illness leading to development of culturally appropriate recovery and treatment plans

5. Working with refugees: care and recovery in mental health settings*

Purpose: to increase mental health workers' knowledge, awareness and skills regarding:

- the additional mental health issues associated with refugee status
- the psychosocial impact of the refugee experience on children, adolescents, adults and families
- application of culturally reflective practice and recovery principles to work effectively with refugees

Map of St Vincent's Hospital



Where training takes place