

# Services and Training

## NATIONALLY RECOGNISED TRAINING 2018

The Australian Institute of Social Relations (registration number 102358) in collaboration with Relationships Australia (WA) offers training and recognition in:

### CHC81115 Graduate Diploma of Family Dispute Resolution (FDR)

This qualification is for those with a background in law, psychology, social work or dispute resolution, and who are interested in gaining accreditation for a career in FDR.

It is offered through online modules with the Australian Institute of Social Relations. Workplace assessments and student placements will only be offered in Perth.

Please contact Natalie Ciccotosto at Relationships Australia for any course information.

Phone: 61640139 or email: [natalie.ciccotosto@relationshipsaustralia.org.au](mailto:natalie.ciccotosto@relationshipsaustralia.org.au)

Please register online at [www.socialrelations.edu.au](http://www.socialrelations.edu.au) to submit an application.

## Cultural Fitness Training-Aboriginal Culture

Cultural Fitness Training for companies and other organisations can help raise awareness and bring changes in workplace attitudes and practice in regards to working with Aboriginal People.

The training is delivered over one day by Aboriginal and non-Aboriginal facilitators. The cost and time frame are negotiable, though a minimum of four hours is recommended.

### Outcomes include

- Learning the significance of Welcome to and Acknowledgement of Country
- Understanding the history of Aboriginal People before and after colonisation and learning about issues impacting on the community today
- Adopting culturally respectful behaviour towards Aboriginal People generally, and Aboriginal clients specifically
- Committing to ways that participants, as employees, can support their organisation being a culturally safe workplace
- How to access and assess resources and training tools for working with Aboriginal People

For information, please call Angela Ryder on 6164 0650 or 0417 901788.

## COURSES AND SEMINARS ARE HELD AT:

### WEST LEEDERVILLE

Relationships Australia,

Level 1, 22 Southport St (Corner Cambridge Street)

# Professional Development Training Programs

## July - December 2018



Relationships Australia  
WESTERN AUSTRALIA

[www.relationshipswa.org.au/courses](http://www.relationshipswa.org.au/courses)

6164 0233



Australian  
INSTITUTE  
of SOCIAL  
RELATIONS



NATIONALLY RECOGNISED  
TRAINING

Relationships Australia

# Professional Development Training Programs

July – December 2018

## Introduction to Couples Counselling

How is couple counselling different from individual counselling? Why do we as counsellors tend to find couples counselling the more challenging? Participants in this training will be introduced to the key principles of Systems Theory and to a number of the major approaches to working with couples, including Emotionally Focussed Therapy for Couples and John and Julie Gottman's work. How we develop our understanding of the couple dynamic, how to intervene when the dynamic is repetitively unhelpful and how to engage couples in the counselling process will be introduced.

**Fee:** \$440

**Time:** 9.00am – 4.30pm

**Date:** Thur 30 Aug & Fri 31 Aug  
West Leederville

## Mentoring Adolescents

Adolescence can be a difficult path for many young people as they attempt to find their own identity in an ever-changing and challenging world. Those who work with young people such as teachers, youth workers or carers can play an important part in assisting them through this challenging period. This course provides a variety of practical strategies for professionals to incorporate into their work with adolescents.

**Fee:** \$220

**Time:** 9.30am – 4.30pm

**Date:** Mon 10 Sept.....West Leederville

## Introduction to being a Supervisor

This 2 day introductory workshop will be useful for those who are interested in becoming supervisors, and for those supervisors who are either looking for a refresher, or new to the role and looking to expand their knowledge and skills. The training is specific to the supervision of counsellors, social workers and case workers in the human services area.

Incorporating self-reflection, theory and skills practice, the 2 days will include looking at different models of supervision, ethical issues in relation to the supervisor role and ways to intervene effectively with supervisees to fulfil the requirements of the role.

**Fee:** \$440

**Time:** 9.00am – 4.30pm

**Date:** Thur 13 Sept & Fri 14 Sept  
West Leederville

## Parenting between Cultures: Working with Migrant and Refugee Parents

This interactive workshop explores some of the challenges migrant and refugee families face and in particular their effect on parenting. It explores how workers can engage with families to provide support while considering their own cultural competence.

The workshop will cover:

- The refugee experience
- The impact of migration, pre-migration and / or refugee experience on parenting practices
- Strategies and resources that may assist parenting efficacy in migrant parents.

**Fee:** \$110

**Time:** 9.30am – 1.30pm

**Date:** Mon 15 Oct.....West Leederville

## Group Facilitation Skills

In this course we aim to develop the skills, knowledge and attitudes necessary for effectively facilitating psycho-education groups in the broad field of family, relationship and personal development education. The course focuses on the development of facilitation skills which are transferable into many fields. Whilst this training is not aimed at and does not equip participants to deliver therapeutic groups, many aspects of this course cover the generic group facilitation skills, knowledge and attitudes necessary for facilitators working in the therapeutic field, as well as in the wider field of community education, such as parenting and health education.

**We will aim to offer this course again in 2019. Please refer to our website for up to date details for our next Group Facilitation Skills training.**

## Defusing Angry and Abusive Customers

You are at the front line of service delivery. It may seem that you can do little to respond to angry and abusive clients and customers. But you can! This half day seminar shows you key principles and strategies to defuse clients' and customers' anger and reduce abusive behaviour right from the start. It also assists you to reduce your own stress levels.

**Fee:** \$110

**Time:** 9.30am – 1pm

**Date:** Tues 23 October ..... West Leederville

## Accidental Counsellor

Have you ever been caught without the words to help a friend, client, customer or co-worker who was dealing with a distressing situation? Or perhaps you are afraid of saying the wrong thing? This one day course will provide you with the knowledge and skills to help you help them in a safe way, without feeling you have to advise.

**Fee:** \$220

**Time:** 9.30am – 4.30pm

**Date:** Fri 9 Nov.....West Leederville

## Domestic Violence Workshops

A series of one day workshops designed to enhance your confidence in holding a helpful conversation with perpetrators and victims of domestic violence.

Emphasis will be placed on screening and risk assessment. Suitable for counsellors, social workers, psychologists, case workers and tertiary students.

Day One – understanding domestic violence. How we talk about it matters!

Day Two – skills for engaging men in taking a position against their own behaviour.

Day Three – skills for engaging women in conversation where they realise they are not part of the problem but are subject to the problem.

### DAY ONE

**Date:** Fri 19 Oct

**Time:** 9.30am – 4.30pm

### DAY TWO

**Date:** Fri 26 Oct

**Time:** 9.30am – 4.30pm

### DAY THREE

**Date:** Fri 2 Nov

**Time:** 9.30am – 4.30pm

### Fees

Day one \$200

Day one and one other day \$325

All three days \$400

**NB: Day One is a prerequisite for Day Two and/or Day Three.**

## In-House Training for your Staff and Customised Courses

Some of these courses can be delivered by Relationships Australia for your organisation at a venue of your choice.

We can customise training opportunities to suit your particular workplace needs. We have provided training to private business, the defence forces, lawyers, nurses and other health professionals, community and government organisations, psychologists, social workers and teachers.

For more information on customised courses for your workplace, phone Marion Dunn on 6164 0200.

Relationships Australia also offers education courses to strengthen relationships for men, women, couples and families such as:

- Building Better Relationships for Couples
- Communication Skills
- Making Stepfamilies Work
- Anger Management for Men and Women
- Parenting
- Rebuilding after Separation and Divorce
- One Night Sessions on various topics

See web page

[www.relationshipswa.org.au/courses](http://www.relationshipswa.org.au/courses) for more information.



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