

Caraniche Training

February – June 2018

Caraniche at Work supports the learning and development needs of over 2,000 employees every year across Australia.

Our training is delivered by senior clinicians and facilitators, who are highly skilled in engaging meaningfully with participants, and are able to draw on real-life examples and applications.

Guided by best practice adult learning principles and developed in consultation with our Research and Professional Practice Team, our training packages are constantly updated to meet the changing needs of the modern workplace.

Caraniche training for Frontline workers

Vicarious traumatisation

Cara Crossan

26 February 2018
\$375 (one-day)

CS

This experiential workshop will respectfully and sensitively explore the personal impact on professionals working with trauma, abuse and crisis.

Training is designed to inform and support participants about the symptoms of Vicarious Traumatization (VT) and assist them to develop effective strategies to protect, manage and recover from the associated effects.

Target audience:

Frontline workers exposed to trauma, abuse and crisis

Introduction to Motivational Interviewing

Tegan Bradilovic

15 March 2018
\$375 (one-day)

CS

This session provides an introduction to the foundations of Motivational Interviewing (MI) when working with behaviour change in a variety of contexts and settings. It is designed as an interactive, foundational workshop, allowing participants the opportunity to practice skills in a supportive environment.

Target audience:

Frontline workers, Case Managers and support roles

Psychological First Aid and communication skills

Cara Crossan

16 April 2018
\$375 (one-day)

CS

This training unpacks the framework and theory for providing Psychological First Aid as well as an evidence-based framework (MANERS) that can be used as a part of Critical Incident Response (CIR).

This practical workshop will also look at some common barriers to assertive communication within the context of providing support during a critical incident.

Target audience:

Team Leaders, frontline workers and those working in "first response" services (e.g.: Intake, administration)

Resilience and stress management strategies for the workplace

Tegan Bradilovic

26 April 2018
\$375 (one-day)

CS

This workshop will consider the key concepts of resilience and stress in the workplace and provide practical strategies that staff can put in to place to support themselves and each other in a team environment.

Target audience:

All staff

Managing Aggressive and Challenging Behaviours

Tegan Bradilovic

17 May 2018
\$375 (one-day)

SK

This workshop discusses and reviews the key factors that contribute to aggressive and challenging behaviours as well as providing a framework for de-escalation, assertive closure and self-care after an event.

Target audience:

Frontline workers in complex settings

Understanding Trauma and Addiction

Cara Crossan

28 and 29 May 2018
\$710 (two-days)

CS

This training provides participants with a comprehensive and thorough understanding of the issues facing individuals around trauma and substance use. Over the two days, this workshop will provide skills and practical strategies to understand and assist clients in providing treatment and ongoing service delivery.

Target audience:

Frontline workers, AOD clinicians, Case Managers, supervisors and support roles

Applied Motivational Interviewing

Dr Kayleigh Young

7 June 2018
\$375 (one-day)

SK

This training is for experienced users of Motivational Interviewing (MI) and will build on participants' experience of using MI in real-life settings. It will focus on applied practice and opportunities for group reflection by using industry relevant case scenarios.

Target audience:

Frontline workers who have either completed MI training, or have been practicing MI techniques for a period of time

Caraniche training for Leadership staff

Optimising Performance: Simple strategies for Managers

Leila Greenfield

22 February 2018
\$395 (one-day)

CS

An introductory workshop that explores essential topics for the new operational or line supervisor. This workshop will address different roles of supervisors and managers, communication styles, providing feedback, emotional intelligence in the supervision relationship, goal setting and coaching, assertiveness and “managing up”.

Target audience:

New and existing managers who have not yet had formal training, in both operational and frontline roles

Introduction to Clinical Supervision

Leila Greenfield

22 March 2018
\$395 (one-day)

CS

Designed for new clinical supervisors, this workshop will provide an overview of the key models of supervision, in addition to the pragmatics of facilitating an effective supervision session.

Target audience:

New managers and supervisors who provide clinical supervision

Next steps in supervision: Moving beyond foundation skills

Leila Greenfield

3 May 2018
\$395 (one-day)

SK

This workshop is designed for supervisors with good foundational knowledge and some experience in the delivery of

supervision. It will allow participants to use more sophisticated techniques to support the development of supervisees and respond to complex challenges that may emerge in the supervisory relationship.

Target audience:

Experienced supervisors who have completed previous supervision training

**Caraniche also provide Advanced Supervision Skills training; please contact us for more details*

Recognising and responding to Critical Incidents

Dr Kayleigh Young

18 June 2018
\$395 (one-day)

SK

This training will equip managers and supervisors to recognise stress-related risks, contain and manage critical incidents as they happen and minimise harm to staff, clients and the organisation.

Target audience:

Managers and supervisors who work in environments where stress, crisis and trauma may occur. Suitable as a refresher or introduction for the accredited Critical Incident Response training (CIR).

Target audience:

Frontline workers, AOD clinicians, Case Managers, supervisors and support roles

CS

Core Skills

SK

Specialist knowledge

Customised training

We can develop a customised training program, facilitated at your workplace at a date and time that suits you. Our complete portfolio of training courses can be viewed online at work.caraniche.com.au/training

In-house training calendar

Caraniche can manage your in-house training calendar, including needs analysis, recommending topics, monitoring staff attendance, development of promotional materials and venue booking, evaluation of training outcomes and recommendations for ongoing workforce development.

About Us

We help forward looking Australian organisations create thriving cultures of wellness and productivity.

Caraniche at Work has more than 20 years' experience delivering health, wellness and capacity building services that give employees the power to help themselves. From general counselling to EAP and critical incident response, we help businesses support their staff, personally and professionally.

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For more information
contact us on

03 8417 0500

training@caraniche.com.au

work.caraniche.com.au/training



To register

caranichevic.eventbrite.com



More information?

Phone: 03 8417 0500

Email: training@caraniche.com.au



Venue

Caraniche Head Office
Level 1/260 Hoddle Street,
Abbotsford, Melbourne



Course times

All training workshops run from
9.30am – 4.30pm.

Meals, parking and lift access are all
available.



Pricing

All our pricing is inclusive of GST.
Pricing is also inclusive of all
Eventbrite administrative fees.

We offer a 5% discount on training costs for organisations that have an Employee Assistance Program (EAP), Supervision or Critical Incident Support Management (CISM) contract with Caraniche at Work. Please contact us for more details.

“The trainer was clearly experienced and passionate in the area which made the training incredibly engaging and relatable.”

“The trainer was brilliant. This is the best training/learning session I have ever done.”

Trainer Bios



Leila Greenfield

MPsych (Organisational), MAPS

Leila is an Organisational Psychologist and has worked in a range of roles, including consulting, Organisational Development, Human Resources and research roles in private, public and not-for-profit sectors. She is experienced and qualified in training and facilitation, behaviour change, strategic management and executive coaching.



Dr Kayleigh Young

BASc (Hons), DPsych (Clinical)

Kayleigh is a registered Clinical Psychologist and skilled trainer and facilitator. She has expertise in a range of therapeutic services and workplace contexts, and has worked extensively in the design and implementation of Peer Support Programs that build internal capacity to respond to workplace mental health and wellbeing issues.



Tegan Bradilovic

MPsych(Clin)

Tegan is a registered Psychologist with a background in Applied Behavioural Analysis, working with children with autism and their families. Tegan has worked in the criminal justice system extensively, providing a range of therapeutic interventions, including group programs and individual counselling. She has also provided lecturing and tutoring to Criminology student studying Psychology.



Cara Crossan

*MSc Addiction Psychology & Counselling,
Dip Clinical Supervision*

Cara is a qualified and accredited trauma and addiction therapist, consultant and clinical supervisor. She has extensive experience providing training in all areas of trauma and addiction, having worked in private, not-for-profit and the criminal justice system in Ireland, United Kingdom, Holland and Australia.