

Caraniche Training

July - December 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.

Caraniche training for Frontline workers

Vicarious trauma

Cara Crossan

CS

22 October 2018

\$420 (one-day)

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

Psychological First Aid

Cara Crossan

CS

19 Sep or 10 Dec 2018

\$420 (one-day)

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)

Motivational Interviewing foundations

Tegan Bradilovic

CS

11 October 2018

\$420 (one-day)

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

Resilience and stress management strategies for the workplace

Bianca Fazzari

CS

16 October 2018

\$420 (one-day)

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

Understanding Trauma and Addiction

Cara Crossan

SK

12 & 13 November 2018

\$790 (two-days)

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

Managing Aggressive and Challenging Behaviours

Tegan Bradilovic

SK

22 November 2018

\$420 (one-day)

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

Confident Communication Skills

Bianca Fazzari

CS

4 December 2018

\$215 (half-day)

This practical, half-day workshop provides attendees with skills and tools to develop and enhance interpersonal assertiveness in the workplace; in particular when managing relationships, conflict and competing priorities.

Target audience:

All staff

CS

Core Skills

SK

Specialist knowledge

Caraniche training for Leadership staff

Optimising Performance: Simple strategies for Managers

Leila Greenfield

11 September 2018
\$440 (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

21 Sep or 5 Dec 2018
\$440 (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

Family Violence and Mental Health

Dr Kayleigh Young

11 Oct or 28 Nov 2018
\$560 (one-day)

SK

This training is for Managers and HR Professionals who recognise that workplaces have a role to play in supporting employees experiencing mental health and

family violence issues. It will equip attendees with the knowledge, skills and best practice principles to better respond to these complex issues.

Target audience:

Managers and HR professionals.

Developing dynamic teams

Leila Greenfield

7 November 2018
\$440 (one-day)

SK

This training will explore the role and function of effective teams and provide strategies for leaders to develop and motivate colleagues and teams towards shared outcomes.

Target audience:

Managers, team leaders and others who supervise or lead teams in the workplace.

Next steps in supervision: Moving beyond foundation skills

Leila Greenfield

21 November 2018
\$440 (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*

Mental Health in the workplace

Bianca Fazzari

4 December 2018
\$215 (half-day)

SK

This workshop provides managers and HR professionals with a theoretical and practical understanding of mental health in the workplace and recognising mental health illness.

Target audience:

Managers and HR professionals.



To register

caranichevic.eventbrite.com

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.



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

Melbourne CBD, Abbotsford, Richmond and Collingwood. See Eventbrite for details on individual sessions



Course times

One and two-day workshops

9.30am – 4.30pm

Half-day workshops

9.30 – 12.30, or 1.30 – 4.30

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 10% 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.

Trainer Bios



Bianca Fazzari

PGradDipPsych, Dip Human Resources Management, BSc (Psychology) Psych (Organisational), MAPS

Bianca is a registered psychologist, with experience working across clinical and organisational contexts. Bianca's passion is to support people, build their capacity and resilience, and facilitate their development to optimise both personal and organisational outcomes.



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.



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.



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.



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.

“This was a very good and informative session. I found it very useful and relevant to my job.”

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