

# Training Programs

2020

## Verbal Self-Defence

*Dr Alana Johnston*

### Half day

**March 6 or June 26**

This half day interactive workshop is designed to enable participants to be better equipped to respond effectively in the face of hostile or aggressive language and/or behaviour from others. It will explore the psychological drivers of aggressive behaviours and our responses to them and provide practical strategies to give participants the confidence to respond calmly and assertively.

### Recommended for:

Anyone who works in people facing roles where hostility or aggression might occur.

## Time Management for Wellbeing

*Bianca Fazzari*

### Half day

**April 2 or July 28**

This half day workshop is for anyone experiencing stress as a result of high workloads and competing demands. It provides practical strategies to help in managing your workload, organising priorities, all within a values-informed and life-balance framework. This approach is designed to achieve ongoing benefits in reducing work-related stress.

### Recommended for:

Anyone experiencing stress as a result of their workload.

## Working with Trauma and Addiction

*Jen Furby*

### Full day

**June 5 or September 18**

This full day training provides a comprehensive exploration of the links between childhood trauma and adult addictive behaviours,

providing you with knowledge and practical skills to support your work with clients. Participants will gain an in-depth understanding of substance use, addiction, attachment and shame, as well as recommended clinical approaches.

### Recommended for:

AOD and mental health practitioners, case managers, front line workers, supervisors and support roles.

## Developing Dynamic Teams

*Bianca Fazzari*

### Full day

**April 23 or July 9**

This full day interactive workshop equips team leaders with inspiration and strategies to develop effective teams, manage conflict within teams and motivate team members to achieve optimal performance and outcomes. Participants will gain an understanding of the stages of team development and a range of problem-solving techniques to support effective leadership in the workplace.

### Recommended for:

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

## Effective Supervision Skills

*Jen Furby*

### Full day

**May 22 or August 14**

Designed to optimise performance, this introductory workshop explores essential topics for new operational supervisors. The workshop will explore the role of supervision, effective and assertive communication, provision of supervision from an emotionally-intelligent perspective, providing feedback and coaching to team members, and managing your manager.

### Recommended for:

New and existing operational managers and supervisors.

## Introduction to Clinical Supervision

*Dr Kayleigh Young*

### Full day

**March 25 or August 19**

This interactive workshop provides a practical and engaging introduction to providing clinical supervision, exploring the functions and processes of supervision, models of reflective supervision, with an opportunity to practice skill-building activities to support your role as a clinical supervisor.

### Recommended for:

Managers, supervisors and clinicians who are commencing as clinical supervisors.

## Understanding and Responding to Client Aggression

*Dr Kayleigh Young*

### Full day

**September 23**

This full day workshop supports participants in developing a deeper understanding of why clients display challenging and aggressive behaviours, through understanding the psychological, physical and environmental drivers of such behaviour. It provides participants with an opportunity to learn effective strategies to manage these behaviours in the immediate and longer-term.

### Recommended for:

Anyone who works in people facing roles with complex clients where hostility or aggression might occur.

## Drug Harm Prevention at Work

*Jen Furby*

### Half day

**July 17**

This half day workshop provides insights about the prevalence and impacts of substance misuse amongst the working population. There will be a sharing of knowledge and perspective from someone with lived experience, providing strategies for identifying and supporting colleagues/ employees who are struggling with substance use issues to reduce the potential for associated workplace health and safety risks.

### Recommended for:

HR professionals, managers, and team leaders.

## Thriving Through Change

*Alison George*

### Half day

**June 18**

Workplace change can be a time of uncertainty, anxiety and stress. This half day workshop provides information and strategies designed to assist participants to adapt to changes at work whilst maintaining optimism, focus and a sense of wellbeing. It also provides strategies for managers and team leaders in managing individuals and groups through their changing organisational environment.

### Recommended for:

Anyone experiencing change in the workplace.

## Evoking Change in the Unmotivated

*Dagmara Rowlands*

### Half day

**May 8 or October 9**

This half day workshop explores strategies to engage hard-to-reach clients in the process of

change, through an understanding of the stages of change and the principles of motivational interviewing. This interactive program includes skills-practice in a supportive environment to build confidence in eliciting change in pre-contemplative clients.

### Recommended for:

Case managers, counsellors, support roles and anyone working in a people facing role.

## Next Steps in Clinical Supervision

*Dr Kayleigh Young*

### Full day

**May 5 or October 14**

Building on Caraniche at Work's Introduction to Clinical Supervision training, this workshop allows participants to use more sophisticated techniques to support the development of clinical supervisees and respond to complex challenges that can emerge in the supervisory relationship.

### Recommended for:

Experienced supervisors who have good foundational knowledge and past training in the delivery of clinical supervision.

**“Trainer was great! Very engaging and knowledgeable on the topic. I gained more knowledge than I expected.”**

**“Enjoyed the training and found the training workbook a really good resource.”**

**“Very knowledgeable presenter and well run, the small group allowed us to engage better and personalise the training to our needs.”**



## To register

[caranichevic.eventbrite.com](https://caranichevic.eventbrite.com)

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.

## 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](https://work.caraniche.com.au/training)

## In-house training calendar

Caraniche at Work 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](mailto:training@caraniche.com.au)

[work.caraniche.com.au/training](https://work.caraniche.com.au/training)



### To register

[caranichevic.eventbrite.com](http://caranichevic.eventbrite.com)



### More information?

Phone: 03 8417 0500

Email: [training@caraniche.com.au](mailto:training@caraniche.com.au)



### Venue

Caraniche Head Office  
Level 1, 260 Hoddle St, Abbotsford.



### Course times

#### Full day workshops

9.30am – 4.30pm

#### Half day workshops

9.30am – 1.00pm

Meals, parking and lift access are all available.



### Pricing

Half day workshops: \$245

Full day workshops: \$475

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 Response (CIR) contract with Caraniche at Work. Please contact us for more details.

## Training Facilitators



### Bianca Fazzari

*PGradDipPsych, Dip Human Resources Management, BBSoc (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.



### Alison George

*BFA (Advertising), Grad Dip Counselling, Grad Dip Psych, MSWQ*

Alison is a registered Social Worker with extensive experience across a range of mental health sectors. She has also worked with workplaces, schools and GPs to develop more effective tools and programs to better identify depression, anxiety and bullying and to build resilience and improve overall wellbeing.



### Dagmara Rowlands

*M Social Work*

Dagmara is a registered social worker with experience in providing counselling, mediation, supervision and training; as well as delivering therapeutic AOD forensic programs, anger management, and behaviour change programs. Previously she has worked within statutory and voluntary sectors in the UK and Australia, in the fields of resettlement, criminal justice and family violence with individuals, couples and groups.



### Jen Furby

*Grad Dip Community Sector Management, Grad Cert Alcohol & Drug Studies, Bachelor Alcohol & Drug Studies*

Jen has over a decade of experience in the not for profit and private sector, predominantly in alcohol and other drugs and more recently in youth homelessness. Holding relevant qualifications, Jen's skill set includes managing teams and working with clients from diverse backgrounds with complex needs.



### Dr Kayleigh Young

*BASoc (Hons), DPsych (Clinical)*

Kayleigh is a registered Clinical Psychologist and skilled trainer and facilitator. She has expertise in a range of therapeutic services spanning clinical, forensic and organisational 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.



### Dr Alana Johnston

*DPsych (Forensic), BA & Sc (Hons)*

Alana is a registered psychologist who has been working with Caraniche for over ten years. Alana has held a variety of roles including working as a clinician conducting assessments, and delivering a range of treatments to both individuals and groups, as well as supervising a large clinical team as a Senior Psychologist. Alana has extensive experience developing and facilitating workforce training.