

A Two Day Workshop Presented by Ruth Crowley Brown

Focused Psychological Strategies for Social Workers



WHEN	Thursday 16 & Friday 17 May 2019 9.00am—4.15pm	
WHERE	C&K (Training Room 1 & 2), 257 Gympie Road, Kedron Q 4031 <i>Please note there is no parking onsite, however plenty of street parking in Sadlier & Emerald Streets and Leckie Road.</i>	
COST	Member- \$380.00 Student Member- \$180.00	Non Member-\$480.00 Student Non Member- \$220.00
<small>Notes: All prices inclusive of GST Fruit platters will be provided for morning & afternoon tea with a fully</small>		

The Focused Psychological Strategies workshop will include theoretical ideas and practical applications covering the following areas:

Day one:

- (1) Context and overview of Mental Health interventions, including the Medicare Benefits scheme list; Psychometric testing (K10 & DASS);
- (2) Symptoms; Stress response; Psychoeducation; Grief & loss; Problem-solving skills;
- (3) How the mind-brain works – Psychoanalysis and Neuroscience; including Attachment and Defensive behaviours; and Emotion regulation skills;
- (4) Interpersonal therapy; Motivational interviewing, including Collage work, Art therapy and Emotional journaling.

Day two:

- (1) Cognitive Behavioural Therapy, including diagnosis (automatic thoughts and cognitive distortions) and treatment options (rational response, positive self-talk, scheduling, exposure);
- (2) Mindfulness – roots and practices; MCBT and types of Meditation practice;
- (3) Social and Communication skills – Parenting strategies, Conflict resolution skills (assertiveness and empathy) and Narrative therapy strategies;
- (4) Mind/Body therapy techniques – Relaxation strategies, Guided imagery and Active imagination.

All sections will be framed by appropriate discussions and exercises.

For Learning Outcomes and further information, please click [Register Here](#).

Meet the Presenter

Ruth Crowley Brown BA (Hons), Dip Psychotherapy, CQSW, AMHSW, is a social worker, psychotherapist and writer, with over 25 years' experience.

Her post-qualification professional trainings include Family Therapy, Group Analysis and Cognitive Behavioural Therapy in London; and in Australia include: Cert IV Workplace Training & Assessment and Diploma in Community Services Management (TAFE), Strengths-based Practice (Kyabra) and Parents-Under-Pressure (Griffith Uni).

She has extensive experience of providing case work and counselling services: spending seven years as Senior Social Worker in a North London Child & Family Mental Health Service, including working in the Adolescent Suicide Clinic and with Refugees and Minorities. In Brisbane, her work has included Foster Care (Lifeline Community Care and Key Assets Qld), Employee Assist Counselling (ADFQ), and Referral for Active Intervention (Mission Australia) and Domestic & Family Violence (BDVS) services in Inala working with Indigenous and non-indigenous families. She also has considerable experience of working with children with disabilities and their families. She is a longtime practitioner of Vipassana meditation.

Spaces on this course are strictly limited so register now to avoid disappointment.

[Register Here](#)