

# Learning and Development Courses

An overview of training and professional development delivered by Mental Health Coordinating Council



Innovative, best-practice training and professional development courses for the community-based mental health workforce. Delivered throughout New South Wales by highly experienced and dedicated trainers, many with lived and living experience of mental health conditions.

Course Name	Course Description	F2F	Online	Length	Time	F2F Max No.	Online Max No.	Who for?	Comments
<b>Understanding Mental Health</b>	An introductory course teaching essential skills for workers in community settings to support hope, recovery and connection among people living with mental health conditions.	Y	N	2 days	9:00 – 5:00	20	N/A	Anyone	
<b>Understanding and Responding to Trauma</b>	This course provides a comprehensive look at trauma in a social service and healthcare setting and aims to provide tools to better support people who have experienced trauma.	Y	N	2 days	9:00 – 5:00	20	N/A	Anyone working with trauma	Option to complete assessments towards a Statement of Attainment. Additional charge applies.
<b>Responding to the Risk of Suicide</b>	This course teaches participants simple, effective interventions and skills that can save lives and provide support to people at risk of suicide.	Y	N	2 days	9:00 – 5:00	20	N/A	Anyone supporting people at risk of suicide	Option to complete assessments towards a Statement of Attainment. Additional charge applies.
<b>Safe Storytelling</b>	This workshop will improve the skills of participants who use their lived experience in service provision.	Y	Y	3 hours	Varies	15	10	Peer Workers	
<b>Introduction to Trauma Informed Practice</b>	This introductory course is a series of four half-day online sessions designed to develop core principles of Trauma Informed Practice.	N	Y	4 hrs/ session or 2 days	Varies	N/A	15	Anyone	4 x sessions can be standalone at 4 hours per session or delivered as a whole over 2 days.



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<b>Introduction to Motivational Interviewing</b>	This introductory course teaches the fundamentals of Motivational Interviewing for use in person-centred counselling and support.	Y	Y	1 day	9:00 – 5:00	20	15	Range of workers	Can be delivered as a one-day course or packaged with Applied Motivational Interviewing over 2 days.
<b>Applied Motivational Interviewing</b>	This course is designed to teach skills to support people through change using an effective person-centred approach used widely in therapeutic settings.	Y	Y	1 day	9:00 – 5:00	20	15	Range of workers	
<b>Connecting Physical and Mental Health</b>	Learn how mental and physical health interact, and strategies to improve the physical health of the people you work with to support.	Y	Y	1 day	9:00 – 5:00	20	N/A	Range of workers	
<b>Managing Workers with Lived Experience</b>	This two-day course is for managers, team leaders and HR professionals who support a peer workforce and wish to build their skills to create a supportive and safe workplace.	Y	Y	2 days	9:00 – 5:00	20	N/A	Managers, Supervisors & Leaders of Peer Workers	
<b>Provide services to people with co-existing mental health and alcohol and other drugs issues</b>	Build your skills to effectively support clients with co-existing mental health and alcohol and other drugs issues through this two-day workshop.	Y	Y	2 days	9:00 – 5:00	20	N/A	Range of workers	Option to complete assessments towards a Statement of Attainment. Additional charge applies.
<b>Responding to Voices: Compassionate approaches and hopeful alternatives</b>	This online workshop is an introduction to the Hearing Voices Approach, a recovery model that aims to provide tools to assist people to alleviate the distress associated with voices.	N	Y	3 hours	Varies	N/A	15	Anyone	
<b>Understanding Medication</b>	Helping people you support to understand and manage their medication.	Y	N	2 days	9:00 – 5:00	20	N/A	Workers supporting people using medication	Third day is required to complete assessments towards a Statement of Attainment. Additional charge applies.
<b>CHC43315 Certificate IV in Mental Health</b>	Underpinned by the philosophy of recovery-oriented practice, this course provides an opportunity for participants to build their on-the-job experience and receive a nationally recognised qualification in mental health.	Y	Y	12 months	Varies	20	15	Mental Health Workers	Participants must be able to secure work placement (paid or unpaid).

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<b>CHC43515 Certificate IV in Mental Health Peer Work</b>	This highly popular qualification provides Peer Workers with an opportunity to build on their lived experience, on-the-job experience and receive a nationally recognised qualification in mental health peer work.	Y	Y	12 months	Varies	20	15	Peer Workers or those wanting to become a Peer Worker	Participants must be able to secure work placement (paid or unpaid).
<b>Peer Leadership</b>	This part-qualification focuses on skills for peer workers in a designated, recognised or emerging leadership or senior role as a consumer or carer in the mental health workforce.	Y	Y	3 months	Varies	20	15	Mental Health Peer Workers with recognised leadership / seniority	This skillset is comprised of 4 accredited units of competency.
<b>Supported Decision-Making</b>	Understand the values that underpin Supported Decision Making and align with trauma-informed recovery oriented practice.	Y	Y	2 days	9:00 - 5:00	20	15	Anyone	
<b>Introduction to Supported Decision-Making</b>	This training has been designed as continuous professional development activities for Psychosocial Recovery Coaches, but also suits people working in the mental health and human services sectors, people with lived experience, carers and family.	N	Y	Self-paced	45-60 mins/module	N/A	No cap	Mental Health Workers	This training is comprised of 2 online modules.
<b>Mental Health Recovery Course Suite</b>	The Capacit-e Mental Health Recovery Suite will fundamentally change the way you view mental health recovery and what it takes to support your own or another's recovery. Explore concepts and tools and challenge preconceptions through a range of learning activities and videos, including personal stories of recovery.	N	Y	Self-paced	45-60 mins/module	N/A	No cap	Anyone	This training is comprised of 3 online modules.

Course details current as of 1 October 2023

Find out more about tailor-made courses for your organisation or enrol today.



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