

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	Delivery Mode	Duration	Max No.	Cost per person*		Comments
					Member	Non-Member	
Understanding Mental Health	An introductory course teaching essential skills for workers in community settings to support hope, recovery and connection among people living with mental health conditions.	Face to face	2 days	20	\$500.00	\$620.00	
Understanding and Responding to Trauma	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.	Face to face	2 days	20	\$500.00	\$620.00	<i>Option to complete assessments towards a Statement of Attainment. Additional assessment charge starting at \$130/person applies.</i>
Responding to the Risk of Suicide	This course teaches participants simple, effective interventions and skills that can save lives and provide support to people at risk of suicide.	Face to face	2 days	20	\$500.00	\$620.00	<i>Option to complete assessments towards a Statement of Attainment. Additional assessment charge starting at \$130/person applies.</i>
Safe Storytelling	This workshop will improve the skills of participants who use their lived experience in service provision.	Online	3 hours	10	\$160.00	\$200.00	
		Face to face	½ day	15	\$270.00	\$335.00	
Managing Workers with Lived Experience	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.	Face to face	2 days	20	\$500.00	\$620.00	

* Based on 1 trainer for course delivery



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Introduction to Motivational Interviewing	This introductory course teaches the fundamentals of Motivational Interviewing for use in person-centred counselling and support.	Online	1 day	15	\$190.00	\$250.00	<i>Can be delivered as a one-day course or packaged with Applied Motivational Interviewing over 2 days.</i>
		Face to face	1 day	20	\$250.00	\$310.00	
Applied Motivational Interviewing	This course is designed to teach skills to support people through change using an effective person-centred approach used widely in therapeutic settings.	Online	1 day	15	\$190.00	\$250.00	<i>Can be delivered as a one-day course or packaged with Applied Motivational Interviewing over 2 days.</i>
		Face to face	1 day	20	\$250.00	\$310.00	
Motivational Interviewing	This course combines Introduction to Motivational Interviewing and Applied Motivational Interviewing.	Online	2 days	15	\$370.00	\$460.00	
		Face to face	2 days	20	\$500.00	\$620.00	
Connecting Physical and Mental Health	Learn how mental and physical health interact, and strategies to improve the physical health of the people you work with to support.	Face to face	1 day	20	\$250.00	\$310.00	
		Online	1 day	15	\$370.00	\$460.00	
Introduction to Trauma Informed Practice	This introductory course is a series of four half-day online sessions designed to develop core principles of Trauma Informed Practice.	Online	2 days	15	\$370.00	\$460.00	<i>Full course</i>
		Online	4 hours	15	\$120.00	\$150.00	<i>Per 4-hour session as a standalone</i>
Provide services to people with co-existing mental health and alcohol and other drugs issues	Build your skills to effectively support clients with co-existing mental health and alcohol and other drugs issues through this two-day workshop.	Face to face	2 days	15	\$500.00	\$620.00	<i>Option to complete online assessments towards a Statement of Attainment. Additional assessment charge starting at \$130/person applies.</i>
		Online	2 days	15	\$370.00	\$460.00	
Responding to Voices: Compassionate approaches and hopeful alternatives	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.	Online	3 hours	15	\$120.00	\$150.00	
Understanding Medication	Helping people you support to understand and manage their medication.	Face to face	2 days	20	\$500.00	\$620.00	<i>Third day is required to complete assessments towards a Statement of Attainment. Additional assessment charge starting at \$130/person applies.</i>
CHC43515 Certificate IV in Mental Health Peer Work	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.	Online	12 months	20	Enquire for fees	Enquire for fees	<i>Learners must be able to secure work placement (paid or unpaid).</i>
		Face to face	12 months	20	Enquire for fees	Enquire for fees	<i>Learners must be able to secure work placement (paid or unpaid).</i>
CHC43315 Certificate IV in Mental Health	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.	Face to face	12 months	20	Enquire for fees	Enquire for fees	<i>Learners must be able to secure work placement (paid or unpaid).</i>
		Online	12 months	20	Enquire for fees	Enquire for fees	<i>Learners must be able to secure work placement (paid or unpaid).</i>
Peer Leadership	This course focuses on skills for peer workers in a designated, recognised or emerging leadership or senior role as a consumer or carer peer worker in the mental health workforce.	Online	6 months	15	Enquire for fees	Enquire for fees	<i>This course includes four accredited units of competency. Learners will receive a Statement of Attainment upon successful course completion.</i>

Course Name	Course Description	Delivery Mode	Duration	Max No.	Cost per person*		Comments
					Member	Non-Member	
Introduction to Supported Decision-Making	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.	Online	Self-paced	No cap	No cost	No cost	<i>This training is comprised of 2 online modules.</i>
Mental Health Recovery Course Suite	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.	Online	Self-paced	No cap			<i>This training is comprised of 3 online modules.</i>
COMING SOON							
Peer Navigation	This course covers the skills and knowledge required for mental health peer workers to support individuals in navigating services and systems through exploration of consumers' worldview and the service landscape, supporting service access and connection, and promoting the development of internal resourcing.	Online	2-3 days	15	\$500.00	\$620.00	<i>Possibility to gain a Statement of Attainment for an accredited unit. In this case, an additional assessment charge starting at \$130/person will apply.</i>
Supported Decision-Making	Understand the values that underpin Supported Decision Making and align with trauma-informed recovery-oriented practice.	Online	3 hours	15	TBC	TBC	

Course details current as of 1 March 2024

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



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