

Registration Form/Tax Invoice

ABN: 88038282500. Please keep a copy for your records as a separate receipt will not be issued.

Delegate Details				
Title		First name		Surname
Address				Postcode
Email			Phone	
Profession/Organisation				
How did you hear about this Training Program?				
Special dietary requirements				

I would like to subscribe to the JEMECO Psychology Training email list

Workshop Registration (please tick which workshop/s you would like to attend)	
<input type="checkbox"/> I Think I Can, I Know I Can: skills for working with clients who use substances	Thursday 9 th June
<input type="checkbox"/> A Tea Party in Wonderland: skills for the many facets of mental health and substance use work	Thursday 25 th August
<input type="checkbox"/> Don't Panic: interventions to use with clients experiencing anxiety	Thursday 3 rd November

Cost	
<input type="checkbox"/> \$250 (early bird rate, see individual flyers for date)	<ul style="list-style-type: none">All prices include GST, morning & afternoon tea, lunch, workshop handouts and resourcesCertificates of attendance will be issued at the completion of each workshopAll courses are run subject to minimum numbersNo refunds will given for cancelling less than 14 days before each workshop
<input type="checkbox"/> \$220 (full time student rate, include a copy of student card)	
<input type="checkbox"/> \$300 (standard rate)	

Payment Details	
<input type="checkbox"/> I enclose a cheque/money order for AUD\$ _____ payable to "JEMECO Psychology"	
<input type="checkbox"/> I have made an electronic funds transfer (EFT) of AUD\$ _____ to: JEMECO Psychology, BSB: 034 168 Account: 217508 Ensure your surname is in the payment description EFT Payment date: __ / __ / 2011, EFT receipt number:	
<input type="checkbox"/> I agree to pay AUD\$ _____ + 1.5% surcharge from my Visacard / Mastercard / AMEX Name on card: _____ Credit card number: _____ / _____ / _____ / _____ Expiry date: __ / __ Signature: _____ Date: __ / __ / _____	

Please send this form & payment to: JEMECO Psychology, PO Box 1691, Sunshine Plaza, Qld 4558 or fax to (07) 5494 7589. For more information about the workshops please contact Jenny on 5452 9809 or info@jemeco.com.au

JEMECO Psychology Workshops

I Think I Can, I Know I Can

Skills for working with clients who use substances
Thursday, 9th June, 2011

A Tea Party in Wonderland

Skills for the many facets of mental health
and substance use work
Thursday, 25th August, 2011

Don't Panic!

Interventions to use with clients experiencing anxiety
Thursday 3rd November, 2011

Jenny Melrose is a Psychologist and trainer who has worked in the area of comorbidity for 12 years in both government and non-government sectors. She has a Bachelor of Arts and Master of Arts with majors in Psychology as well as a Masters of Education in Adult Education majoring in Human Resource Development. She has also recently obtained Certificate IVs in Alcohol and Other Drugs and Mental Health. Jenny is the author of the 2007 NSW Health publication *Mental Health Reference Resource for Drug and Alcohol Workers*, Manly Drug Education and Counselling Centre's (MDECC) *Trimming the Grass* and most recently has co-authored a chapter 'Alcohol and Young People' in the 2009 book *Practical Interventions for Young People at Risk*.

Jenny, through her business JEMECO Psychology, has provided training throughout Australia and Indonesia and runs a private psychology practice in Maroochydore on the Sunshine Coast of Queensland.



About the Presenter

Jenny Melrose, BA, MA(Psych),
MEd (AdEd), MAPS

I Think I Can, I Know I Can

Skills for working with clients who use substances

For many workers dealing with their clients' alcohol and other drugs (AOD) use is a scary prospect. This is often because of lack of information about the different substances that people use as well as a mistaken belief that AOD work is a purely specialised area. In fact, due to the widespread nature of substance use, its substantial impact on human behaviour and wellbeing and its prevalence in health and community settings, all workers need adequate knowledge and skills in the AOD area to be well equipped to work with people.

This one-day workshop is open to all workers interested in or dealing with clients who use substances. It will enable participants to work more confidently and effectively with clients who use substances.

Participants will have the opportunity to learn about:

- Substances: why and how people use them
- Problems people may encounter from using substances
- What to include in a psychosocial assessment
- Treatment options available in the community
- An overview of brief interventions utilised with this client group including motivational interviewing and relapse prevention.

Date: Thursday, 9th June, 2011

Time: Registration at 8.30 am, finish at 4.30 pm

Venue: SurfAir on Marcoola Beach,
923 David Low Way, Marcoola



This workshop is supported by
the Sunshine Coast Branch of the
Australian Psychological Society

Early bird rate cut off for
I Think I Can workshop is 5th May.
There are limited numbers for each workshop so please
book early to ensure your place.

A Tea Party in Wonderland

Skills for the many facets of mental health and substance use work

Studies acknowledge that co-existing mental health and substance use problems, often referred to as comorbidity or dual diagnosis, is widespread. Such problems are much more common in people receiving treatment for either a mental health or a substance use disorder with rates being estimated as between 30-90% depending on the variables measured. With this in mind, workers dealing with either client group need to be more mindful of the potential complexity of difficulties these clients experience.

This one-day course is for workers from various fields who want to increase their knowledge and skills in dealing with clients with both substance use problems and mental illness. It aims to provide an overview of both substance use and mental disorders, equip participants to conduct initial screenings using evidence based tools as well as providing a summary of brief interventions.

Participants can expect to cover the following topic areas:

- A summary of substance use, mental illness and co-existing mental health and substance use problems
- The use of screening tools and service delivery approaches
- An overview of brief interventions utilised with this client group such as harm reduction, motivational interviewing and psycho-education

Date: Thursday, 25th August, 2011

Time: Registration at 8.30 am, finish at 4.30 pm

Venue: SurfAir on Marcoola Beach,
923 David Low Way, Marcoola

Early bird rate cut off for
A Tea Party in Wonderland workshop is 15th July.
There are limited numbers for each workshop so please
book early to ensure your place.

Don't Panic!

Interventions to use with clients experiencing anxiety

Anxiety and stress are two of the most common presenting complaints clients in the health and community sectors – and when they are not the presenting issues they are often underlying other problems.

This one-day workshop is open to any workers dealing directly with or interested in working with clients experiencing anxiety or stress. It will provide participants with an understanding of the nature of anxiety and will cover various brief interventions. Participants will be encouraged to practice techniques for their own stress management as well as learning how to teach these strategies to their clients. This workshop draws from both Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT).

Participants will have the opportunity to:

- Learn about physical and psychological components of anxiety
- Describe the link between thoughts, feelings and anxiety
- Identify common unrealistic thinking patterns
- Use various cognitive and behavioural strategies helpful with anxiety.

Date: Thursday 3rd November, 2011

Time: Registration at 8.30 am, finish at 4.30 pm

Venue: SurfAir on Marcoola Beach,
923 David Low Way, Marcoola

Early bird rate cut off for
Don't Panic workshop is 23rd September.
There are limited numbers for each workshop so please
book early to ensure your place.