

# JEMECO Psychology Workshops



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.

## 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: Saturday, 17th November, 2012

Time: Registration at 8.30 am, finish at 4.30 pm

Venue: o3 Hub, 6-7/31-33 Plaza Parade,  
Maroochydore 4558

## 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: Saturday, 2nd March, 2013

Time: Registration at 8.30 am, finish at 4.30 pm

Venue: o3 Hub, 6-7/31-33 Plaza Parade,  
Maroochydore 4558

## 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 a 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: Saturday, 25th May, 2013

Time: Registration at 8.30 am, finish at 4.30 pm

Venue: o3 Hub, 6-7/31-33 Plaza Parade,  
Maroochydore 4558

There are limited numbers for each workshop so please book early to ensure your place.

## 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					

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	Saturday, 17th November, 2012
<input type="checkbox"/>	Don't Panic: interventions to use with clients experiencing anxiety	Saturday, 2nd March, 2013
<input type="checkbox"/>	A Tea Party in Wonderland: skills for the many facets of mental health and substance use work	Saturday, 25th May, 2013

Cost	
<input type="checkbox"/> \$250 (early bird rate, see individual dates)	<ul style="list-style-type: none"> <li>All prices include GST, morning &amp; afternoon tea, lunch, workshop handouts and resources</li> <li>Certificates of attendance will be issued at the completion of each workshop</li> <li>All courses are run subject to minimum numbers</li> <li><b>No refunds will given for cancelling less than 14 days before each workshop</b></li> </ul>
<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 <b>surname</b> is in the <b>payment description</b> 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: __ / __ / _____

Early bird rate cut off for I Think I Can workshop is 19<sup>th</sup> October, 2012.

Early bird rate cut off for Don't Panic workshop is 2<sup>nd</sup> March, 2013.

Early bird rate cut off for A Tea Party in Wonderland workshop is 26<sup>th</sup> April, 2013.

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

Please send this form and payment to:

**JEMECO Psychology**  
**PO Box 1691**  
**Sunshine Plaza**  
**Queensland 4558**

or fax to

**(07) 5452 7599**

For more information about the workshops please contact Jenny on

**(07) 5452 9809**

or email

**info@jemeco.com.au**