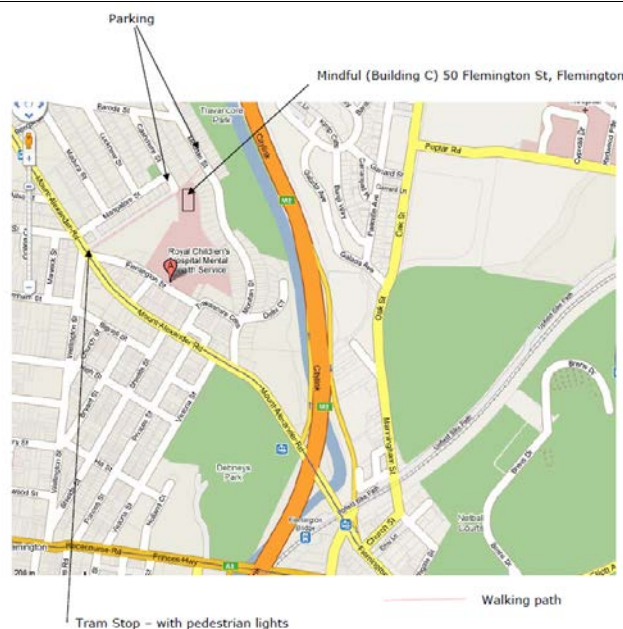




Tracking Better - Start today! Designing visual developmental mental health tools to use in Australia's front line

Friday 11 November 2016

Session Time:	10:30am – 4pm (registration from 10am)
Registration:	Registration & payment must be completed online: http://ecommerce.mindful.unimelb.edu.au/product.asp?pID=203&cID=6 A refund will not be provided if cancellation occurs less than 48 hours prior to the forum. Registrations close at 5pm Friday 4 November 2016
Cost:	\$82.50 (incl GST)
Catering:	Lunch will be provided.
Venue:	Mindful, Building C, 50 Flemington St, Travancore, VIC 3032
Public Transportation:	Tram number 59 (Airport West) travels along Elizabeth St and Flemington Rd, get off at Stop number 25 or 26. Flemington Bridge train station (Upfield Line) is a 10 minute walk. New Market train station (Craigieburn Line) is a 15 minute walk.
Parking:	<u>No parking available on site</u> On street Parking is available in Cashmere St, Mooltan St, Flemington St and at the Essendon Hockey Centre. Check the signs for restrictions. There is a back entrance to Mindful from Cashmere St and a lane way from between 115-117 Mooltan St to the back entrance to Mindful.



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<p>Workshop content</p>	<p>Dr Deeta Kimber has constructed a visual developmental mental health program that teaches individuals to track themselves in the 5 key domains of self regulation when struggling:</p> <ul style="list-style-type: none"> • When there's a problem set a Path to better to focus efforts • Track Stress • and Track Feelings as they both can muck up our thinking and we make bad decisions. • Track our Story of where we have come from, so we can tell a Hero Story every day... • Track our Relationships so we can feel safe and join with people in an effective way. <p>This program is a pragmatic curation of the latest research and techniques in trauma theory, mindfulness, CBT, emotional intelligence and somatic approaches to common difficulties encountered growing up. These programs have been packaged to use in regional and remote communities to extend the work of CAMHS and act as quick and effective psychoeducation so that treatment can continue when the clinician has left.</p> <p>The are visual and involve three simple steps of Track, Sort Do in each domain for easy understanding and use. They work well with ESL, language impaired and FASD individuals.</p> <p>This program has been developed in Youth Justice and the Kimberley in Western Australia and is aimed at teaching families, individuals, teachers, allied health, primary health and mental health how to track the key elements of a "good enough" development so they can show children and teens how to manage or what is needed to support them.</p> <p>In this workshop she will teach participants how to use the visual system with direct teaching, practical exercises and discussion of common clinical scenarios.</p>
<p>Audience</p>	<p>All working with children and youth -expert and non expert.</p> <p>This program has been designed for all levels of clinicians, educators and support workers helping children and teens. It also addresses developmental deficits in adult mental health training.</p> <p>CAMHS clinicians, Paediatric trainees and clinicians, Education, Allied health, Adult Mental health Clinicians</p>
<p>Presenters</p>	<p>Deeta Kimber</p> <p>Deeta Kimber is a Child and Adolescent Psychiatrist who has been working in regional and remote Western Australia for the past 4 years. She also recently worked in a maximum security prison in Victoria and has previously worked in juvenile justice facility and has a special interest in the impact and treatment of developmental trauma. She is currently working for Kimberley Mental Health and Drug Services (KMHDS) for CAMHS in East and West Kimberley.</p> <p>She also works at Mindful: Centre for training and research in developmental health where she is further developing a visual psychoeducation system.</p>
<p>More info</p>	<p>Contact Mindful mindful-info@unimelb.edu.au or 03 9371 0200</p>