

# MIC

## MINDFUL'S ONLINE, ON-DEMAND INTRODUCTORY COURSE IN CHILD, ADOLESCENT + YOUTH MENTAL HEALTH ASSESSMENT



The Mindful Introductory Course (MIC) is an introduction to core principles in assessment, formulation, diagnosis and feedback in child, adolescent, and youth mental health. It integrates the latest evidence on teaching and learning, and the expertise of experienced child, adolescent and youth mental health workers, to create an engaging and interactive online and on-demand course that teaches both theory and skills.

### Structure

Preparing to meet the child/adolescent/young person and family

*What might be wrong? Understanding the family unit in the family interview*

What might be wrong? Understanding the child, adolescent, or young person in the individual interview

*Risk assessment*

What might be wrong? Understanding the child, adolescent, and young person and their parents in the parent interview

*Diagnosis*

Formulation

*Feedback*

### Completion

Takes approximately 18 hours to complete over 6 weeks or longer

*Enrolment gives access to the course for 6 months*

Completion is a prerequisite for Mindful's Developmental Psychiatry Course (DPC)

### Cost

Victorian infant, child, adolescent, and youth mental health service staff: \$350+GST

*Other Victorian participants: \$500+GST*

Interstate participants: \$600+GST

*International participants: \$650+GST*

### Enrolment

Can be completed at any time; visit [www.mindful.org.au](http://www.mindful.org.au) to enrol

### Testimonials

"Very comprehensive, well-structured, and uses a range of media. Lots of practical, specific examples"

**- Victorian mental health services manager**

"I could not be happier with the wealth of knowledge I got from doing this... It exceeded my expectations, thank you!"

*"The opportunities for writing and recording comments have really helped consolidate my learning"*

"This course was an invaluable introduction to more practical aspects of providing clinical assessment, formulation and diagnosis"

*"I have much greater confidence in being able to conduct an assessment, write up a formulation and how to feed this back sensitively"*

"I found the practical emphasis of this course a breath of fresh air"

**- previous participants**

