

MIC (2025)

MINDFUL'S ONLINE 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: Core principles of developmental psychopathology & of engaging children, adolescents, young people and caregivers

Beginning to connect with and understand the family unit in the family meeting

Beginning to connect with and understand the child or young person in the individual meeting

**Risk assessment:
Making sense of risk of harm to self**

Beginning to connect with and understand parents and caregivers in the parent meeting

**Diagnosis and formulation:
Starting to make sense of strengths and difficulties**

Feedback: collaborating with children, young people and their families to find a path forward

Completion

- Takes approximately 18-22 hours to complete over 6 weeks or longer
- Enrolment gives access to the course for 6 months

Enrolment

Can be completed at any time

Visit www.mindful.org.au to register

2025 Costs

Victorian infant, child, adolescent, and youth mental health service staff:

\$425.00 (incl. GST)

Other Victorian participants:

\$605.00 (incl. GST)

Outside Victoria:

\$735.00 (incl. GST)

* DH-sponsored fully funded places may be available to Victorian ICYMHs and Infant, Child, and Family Mental Health and Wellbeing Locals staff. Please speak to your manager or email us for details: mindful-info@unimelb.edu.au

Participant feedback

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

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

"I've found some of the tools and graphics really helpful in summarising information to gather in an assessment"

"I liked the multi-media approach with videos and articles/written info and expert reflections"

"I feel like I have a much better toolkit of how to discuss sensitive and difficult topics, as well as a clearer idea of the biological, psychological, and social issues that contribute to difficulties in the family unit."

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

Mental health service manager feedback