



Mindful Introductory Course (MIC)

Online introductory course in
child, adolescent, + youth
mental health assessment.

Mindful Introductory Course

An online, on demand introduction to assessment, formulation, diagnosis, and feedback in child, adolescent, and youth mental health. It teaches both theory and skills using engaging and interactive material informed by evidence and expert child, adolescent, and youth mental health workers.

This course is for

The course is suitable for a range of professionals working with children, adolescents, and young people. Including social workers, occupational therapists, speech therapists, mental health nurses, psychologists, psychiatrists, and paediatricians, as well as those working in education, child and family services and general medicine.

Structure

Divided into 8 modules. It takes approximately 18–22 hours to complete and is best completed in stages over 6 weeks or longer.

1. Preparing to meet the child, adolescent or young person
2. Engaging children, adolescents, young people and parents
3. Conducting a family interview
4. Conducting a child/adolescent/young person interview
5. Assessing risk
6. Conducting a parent interview
7. Diagnosis and formulation
8. Providing feedback

Fees

- Victorian ICYMH service staff:
 - \$445.00 (incl. GST)
- Other Victorian participants:
 - \$630.00 (incl. GST)
- Outside Victoria:
 - \$750.00 (incl. GST)

Testimonials

"Very comprehensive, wellstructured, and uses a range of media. Lots of practical, specific examples."

"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."

Enrolment: Available at any time

Register: At www.mindful.org.au

Learn more at mindful.org.au