Mindful
Centre for Training and Research in Developmental Health



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, & feedback in child, adolescent, & youth mental health. It teaches theory & skills using engaging & interactive material informed by evidence & expert child, adolescent, & youth mental health workers.

This course is for

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

Structure

Divided into 8 modules. It takes approximately 18-22 hours to complete & 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 & parents
3. Conducting a family interview
4. Conducting a child/adolescent/young person interview
5. Assessing risk
6. Conducting a parent interview
7. Diagnosis & 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

THE UNIVERSITY OF MELBOURNE