

FREE ONLINE TRAINING

Below are several online courses and resources which you might find helpful.

Working with Adults

The links below are to online training courses which were compiled with a veterans service providers in the USA. The first link to the STAIR model is more inclusive of sexual assault victims.

https://www.ptsd.va.gov/professional/continuing_ed/STAIR_online_training.asp

https://www.ptsd.va.gov/professional/continuing_ed/cptweb.asp

MHPN run regular free online training. Below are links to some of their session which are most relevant to us.

Complex trauma adult survivors of childhood abuse

<https://www.mhpn.org.au/WebinarRecording/36/Complex-Trauma-adult-survivors-of-childhood-abuse#.WzIPfKI9g6g>

Supporting the wellbeing of people experiencing a trauma response

<https://www.mhpn.org.au/WebinarRecording/65/Supporting-the-Wellbeing-of-People-Experiencing-a-Trauma-Response#.WzIO4KI9g6g>

Collaborative approach to supporting adult survivors of childhood abuse

<https://www.mhpn.org.au/WebinarRecording/15/A-Collaborative-Approach-to-Supporting-Adult-Survivors-of-Childhood-Abuse#.WzIPlal9g6g>

Webinars - International Society for the Study of Trauma and Dissociation in partnership with MHPN

MHPN is pleased to partner with the International Society for the Study of Trauma and Dissociation (ISSTD), to provide Australian mental health practitioners with free access to a selection of ISSTD's webinars. ISSTD is an international, non-profit, professional association committed to developing and promoting comprehensive, clinically effective and empirically based resources and responses to trauma and dissociation and to address its relevance to other theoretical constructs.

The following topics are available for view:

- Achieving Mindfulness: Using Meditation and Yoga to Encourage Mindfulness in Clients Experiencing Complex Trauma and Dissociation, presented by Lisa Danylchuk, EdM, MFT, E-RYT and Christine Forner, BA, BSW, MSW
- Psychotherapy with Dissociative Adolescents, presented by Bob Slater, BS, MSW, LCSW-R

- Ongoing Incestuous Abuse During Adulthood, presented by Warwick Middleton, MB BS, FRANZCP, MD
- Crisis Management for Clients with Complex Trauma, presented by Victor Welzant, PsyD

<https://www.mhpn.org.au/NewsArticle/404/Exclusive-offer-from-ISSTD#.WWQZlhWGOHv>

Webinars re working with children

The links below is to child focused Cognitive Processing Therapy

[TF-CBTWeb](#)

A 10-hour web-based training in Trauma-focused CBT for Children. It is brought to you by the Medical University of South Carolina National Crime Victims Research and Treatment Center, Allegheny General Hospital's Center for Traumatic Stress in Children and Adolescents, Child Abuse Research Education & Service (CARES) Institute, and The National Child Traumatic Stress Network.

<https://tfcbt2.musc.edu/>

[NCTSN Learning Center for Child and Adolescent Trauma](#)

The National Child Traumatic Stress Network has over 150 web-based trainings on various topics related to child and adolescent trauma. Some of our speaker series focus on military families, child traumatic grief, child sexual and physical abuse, terrorism and disaster, and complex trauma. Free CE credits are available.

<https://learn.nctsn.org/>

Preventing adverse childhood experiences

<https://vetoviolence.cdc.gov/apps/aces-training/#/#top>

Suicide assessment

The web link below is to a good free online suicide assessment webinar you just need your AHPRA number <https://medcast.com.au/courses/90>

Responding to the needs of a person presenting with suicidality

<https://www.mhpn.org.au/WebinarRecording/156/Responding-to-the-needs-of-a-person-presenting-with-suicidality#.XoFIVOozbAU>

Case note training

<https://www.qaprep.com/crash-course>

The course above is free. However you will receive lots of emails from Maelissa Hall. She has lots of great ideas to improve case note recording. You will receive lots of emails form her.

General skills webinars

Mental Health Professional Online Development (MHPOD)

The Australian Government's online mental health training, funded by the Commonwealth and all states and territories. Mental Health Professional Online Development MHPOD is an online learning resource that has been developed for people working in mental health. Based on the national practice standards for mental health, it draws on the evidence base for mental health care and contemporary practice wisdom. The content has been written by the Psychosocial Research Centre at the University of Melbourne. There are about seventy hours of material on forty five topics, written and produced in Australia. The topics range from recovery to legislation and dual disability and there are topics specifically related to CAMH. All topics have strong links to the National Practice Standards for the Mental Health Workforce. The modules have been developed with new graduates/entrants into the mental health field in mind, but is also useful for more experienced practitioners.

<https://elearning.mhpod.gov.au/>

CBT specific online courses

This Way Up Online CBT Training Course

Online CBT Course for Clinicians. There are also numerous other resources, including the ability to 'prescribe' online courses to clients!
THIS WAY UP™ provides online learning programs, education and research in anxiety, depressive disorders and physical health. At THIS WAY UP, we empower individuals by giving them access to online help. Funded by the Australian Government Department of Health and Ageing under the Telephone Counselling, Self Help and Web-Based Support Programmes measure

<https://thiswayup.org.au/how-we-can-help/cognitive-behavioural-therapy/>

Massachusetts Hospital CBT Courses

http://mghcme.org/page/cognitive_behavioral_therapy

Borderline Personality Disorder Australia

Free online BPD Course. Topics:
Module 1: Making the Diagnosis
Module 2: Suicidality Course and Outcome
Module 3: Treatment Planning
Module 4: Treatment
Module 5: Psychopharmacology Management

Module 6: Family Involvement

<http://www.bpdaustralia.com/new-page-3/>

Assessment

MSE psychiatry Mental Statue Exam Training youtube videos

https://www.youtube.com/watch?v=o_ziBs7jVBU&list=PLjrSkZjk1CFCSAjlyVEOqnfL1BLPhhQxQ

PODCASTS

<https://istss.org/education-research/online-learning/trauma-talk-podcast-series>

Reading:

I also highly recommend reading both Judith Herman's book "Trauma and recovery" and Babette Rothschild's "The body Remembers". You should be able to borrow both from a colleague.

Blue Knott's practice guidelines are also excellent!

<http://www.blueknot.org.au/ABOUT-US/Our-Documents/Publications/Practice-Guidelines>