

Training Courses

Western Australian Association for Mental Health



WAAMH

Western Australian Association
for Mental Health

© Western Australian Association for Mental Health (WAAMH) 2025

This work is copyright. Apart from any use as permitted under the Copyright Act 1968, no part of this document may be reproduced without prior written permission from WAAMH. Requests and enquiries regarding reproduction and rights should be directed to WAAMH.

Western Australian Association for Mental Health (WAAMH)
PO Box 8482
Perth WA 6849

T: +61 8 6246 3000
E: info@waamh.org.au
W: www.waamh.org.au

Last Updated: 4 June 2026

About WAAMH

The Western Australian Association for Mental Health (WAAMH) is the peak body of the community-managed mental health sector in Western Australia, with more than 150 members.

Community-managed organisations provide a critical network of services that support people affected by mental illness and their families and help them live valued lives in their community.

WAAMH has been engaged in the mental health sector for almost 60 years. We advocate for effective public policy on mental health issues, deliver workforce training and sector development, and promote positive attitudes to mental health.

WAAMH

Workzone, Level 1
1 Nash Street
Perth WA 6000

T: +61 8 6246 3000

Office Hours: 8.30am - 4.30pm Monday to Friday

Requests and enquiries concerning reproduction should be addressed to training@waamh.org.au

Acknowledgements

WAAMH acknowledges the Whadjuk Noongar people as the original custodians of the land on which this resource was developed and other Aboriginal Nations around Western Australia.

We pay our respects to their elders past, present and future.

Contents

About WAAMH	2
Acknowledgements	2
Being Trauma Responsive	5
Being Trauma Responsive: Core Concepts	5
Building Resilience	6
De-escalation Skills	7
De-escalation Skills: Core Concepts	7
De-escalation Skills: Youth	8
Everyday Counselling Skills	8
Managing Mental Health Challenges – A Workshop for Leaders	9
Mental Health, and Alcohol and Other Drugs (AOD) Introduction	10
Mental Health, and Alcohol and Other Drugs (AOD) A Recovery Toolkit	10
Mental Health Challenges in People with Disability	11
Mental Health First Aid - Standard	12
Mental Health First Aid (for Youth)	12
Mental Health First Aid Refresher	12
Mental Health in the Workplace	13
Navigating Professional Boundaries	13
Navigating Professional Boundaries: Core Concepts	14
Neurodiversity and Mental Health	14
Older People and Mental Health	15
Positive Psychology Tools	16
Recovery and Recovery Plans	16
Reflective Supervision – A Non-Clinical Approach	17
Reflective Supervision – Applied Skills	17
Responding to Mental Health Challenges	18
Understanding Grief and Loss	19

Understanding Self-harm 19

Understanding Vicarious Trauma 20

Half Day Courses 21

Lived Experience Workshops 22

Sharing Professionally 22

Lived Experience Lens 22

WAAMH Member Training Discounts 23

Being Trauma Responsive

Available
Face to face
and Online

Work safely and confidently with clients using trauma-informed principles.

This workshop will explore how to talk safely with someone who has been impacted by trauma and teach simple strategies to support in the recovery journey.

On completion of this training course participants will:

- An understanding of what trauma is, and how it affects the brain;
- An ability to recognise the signs and impact of trauma on both clients and workers;
- An ability to apply the principles of trauma-informed practice; and
- Learn strategies to support clients who are impacted by trauma.

Suitable for people working in the community sector or wanting to work in the community sector to assist in implementing trauma informed care and practice principles.

Being Trauma Responsive: Core Concepts

Available
Face to face
and Online

Build on existing knowledge and refresh your skills when using trauma-informed principles, in this half-day version of Being Trauma Responsive.

An ideal refresher course for those with a foundational understanding of this topic. This workshop will explore how to safely engage with someone affected by trauma and provide practical strategies to support their recovery.

On completion of this workshop participants will:

- An ability to recognise the signs and impact of trauma on both clients and workers; and
- An ability to apply the principles of trauma-informed practice

The fully interactive online training session will be facilitated by two of our experienced trainers who have extensive knowledge, skills and experience in the mental health field. The course will be delivered in a four-hour session and participants will be supported to meaningfully engage with the course content.

Suitable for people working in the community sector or wanting to work in the community sector to assist in implementing trauma informed care and practice principles.

Build resilience, manage stress, and create practical plans to navigate workplace challenges.

This workshop will explore how to talk safely with someone who has been impacted by trauma and teach simple strategies to support in the recovery journey.

This practical, interactive course supports participants to better understand the impact of workplace stress, challenging behaviours and increasing demands on mental health and productivity.

Through evidence-based approaches and guided reflection, participants will develop practical tools to strengthen personal resilience, support wellbeing, and respond more confidently to workplace pressures.

The course also supports participants to contribute to healthier, more sustainable teams and workplaces by recognising early signs of stress and knowing when and how to seek support.

This course will support participants to:

- Understand the role of resilience, stress management, and self-care in navigating workplace challenges;
- Apply practical strategies to build personal and organisational resilience;
- Create a personalised resilience plan using an evidence-based model; and
- Recognise when and how to seek support for themselves and others

Suitable for Professionals working in high-stress roles.



De-escalation Skills

Available
Face to face

Build confidence to safely and effectively de-escalate challenging situations.

Sometimes people respond to circumstances and triggers in ways that can be challenging for workers to manage. Often this is a result of the person's distress or frustration and can be exacerbated by environmental factors. This course is designed to support workers to recognise when a person is becoming distressed or when their behaviour is escalating, and it provides a set of tools and strategies to respond in ways that are likely to result in positive outcomes.

On completion of this course participants will:

- Understanding of the impact escalation has on the brain and body and how that affects behaviour and reasoning;
- Increased knowledge of escalation curve, stages and triggers;
- Skill development using the 3-step model for de-escalation; and
- Recognition of escalation in self, and knowledge of strategies to self-regulate.

The overall aim of this training session is to increase your confidence to be able to recognise and safely de-escalate an event.

Suitable for workers in a wide range of frontline service delivery roles.

De-escalation Skills: Core Concepts

Available
Face to face
and Online

Strengthen your de-escalation approach with core strategies and practice in this half-day version of De-escalation Skills.

Sometimes people respond to circumstances and triggers in ways that can be challenging for workers to manage. Often this is as a result of the person's distress or frustration and can be exacerbated by environmental factors.

This course will support participants to:

- Increase their knowledge and understanding of the impact escalation has on the brain and body and how that affects behaviour and reasoning; and
- Develop an awareness of the required skills and strategies in using the 3-step model for de-escalation.

Suitable for individuals and workers in a wide range of frontline and support service delivery roles.

De-escalation Skills: Youth

Available
Face to face

Safely and confidently de-escalate challenging situations when working with young people.

The development of the adolescent brain may impact on their decision making and the escalated behaviours of a young person. This course is designed to assist in the understanding of emotional escalation, triggers, distress, sense of the adolescent self and coping strategies to effectively de-escalate an adolescent.

This course supports participants to:

- Understanding of the impact escalation has on the brain and body and how that affects behaviour and reasoning;
- Increased knowledge of escalation curve, stages and triggers;
- Skill development using the 3-step model for de-escalation; and
- Recognition of escalation in self, and knowledge of strategies to self-regulate.

Suitable for anyone who works with, or cares for an adolescent.

Everyday Counselling Skills

Available
Face to face

Build connection and confidence to provide practical, solution-focused support.

Many non-counselling professionals find themselves in day-to-day situations where they are called to support another person emotionally, such as responding to someone experiencing distress, anger, confusion, anxiety or fear.

The Everyday Counselling Skills course provides participants with the opportunity to practice using a range of tools that can be applied to a wide range of issues, in their practice as well as in their daily lives.

Participants will learn how to establish and build safe and positive relationships and provide solution-focused responses, as well as providing brief interventions and understanding when to refer.

This course will support participants to:

- Understand what is meant by 'everyday counselling' as distinct from formal counselling;
- Have a working knowledge of the Stages of Change model and understand when to refer;
- Build skills including relationship-building, communication, strategic questioning and feedback and provide solution-focused responses and strategies and encourage help-seeking where appropriate;
- Engage in brief interventions using the Frames model to support clients; and
- Integrate their learning from this course into their practice and/or their own lives.

Suitable for staff who want to be emotionally supportive in their work role or in their personal roles.

Managing Mental Health Challenges – A Workshop for Leaders

Available
Face to face

Build confidence to lead and support employees experiencing mental health challenges.

This practical, full-day workshop equips leaders with the knowledge to recognise common mental health concerns, navigate supportive conversations and apply strategies that promote wellbeing for both individuals and teams.

This course will support participants to:

- Understand how mental illness may present at work;
- Recognise signs of depression and anxiety;
- Feel more confident having mental health conversations;
- Understand leadership responsibilities; and
- Apply practical tools to support team and own wellbeing.

Suitable for those who lead, supervise and support others in the workplace, with the aim to achieve the best outcomes for both individual staff and organisations as a whole.



Mental Health, and Alcohol and Other Drugs (AOD) Introduction

Available
Face to face

Understand and respond to the complex relationship between co-occurring mental health and alcohol and other drug challenges.

People often experience both mental health challenges and alcohol and other drugs (AOD) issues. The intersection of mental health and AOD use is recognised as presenting complex challenges across both domains. This course will facilitate an understanding of how and why they frequently occur together, as well as strategies for working holistically and collaboratively to support people in their recovery. This course is a pre-requisite to – A Recovery Toolkit course.

This course will support participants to:

- Develop their understanding of mental health challenges and AOD, including signs, symptoms and risk factors for mental health and/or AOD use issues; drug types and usage; common mental health challenges and models to understand substance use and dependence;
- Develop their understanding of the complex relationship between mental health challenges and AOD use, including being able to identify risk factors, contributing factors and impacts of co-occurring challenges; and
- Develop their confidence and competence in using evidence-based informed strategies in their work with consumers and knowledge of support and referral services.

Suitable for staff working within the mental health and alcohol and drug workspace.

Mental Health, and Alcohol and Other Drugs (AOD) A Recovery Toolkit

Available
Face to face

Develop a toolkit for supporting clients with co-occurring mental health and alcohol and other drug challenges.

Prevention and minimisation of harm and bolstering recovery from co-occurring mental health and AOD challenges is possible for consumers and their families by encouraging hope and cultivating resilience. Building on the foundations laid by the course: **Mental Health, and Alcohol and Other Drugs Introduction**, this Recovery Toolkit course provides principles and tools for engaging effectively in person-centered and recovery-oriented care. The tools and instruments learnt are only ever as good as the skill with which they are used. This course leans towards experiential, practice-based learning to move the helper to greater levels of mastery.

In this course participants will:

- Develop their understanding of and experience in self-reflective practice to guide interactions with consumers and their families;
- Deepen their understanding of the complex relationship between mental health challenges and AOD use and current trends in addiction treatment; and
- Develop their confidence in the practice using evidence-based tools applicable for all clients at any stage of recovery.

Suitable for staff working within the mental health and alcohol and drug workspace who have completed the Mental Health, and AOD Introduction pre-requisite course.

Apply a strengths-based approach to supporting people living with mental illness challenges and disability.

This course provides tools in helping to identify and respond to mental distress in people with any kind of disability (including co-existing disability). Participants will explore concepts of recovery, human rights and strengths-based approaches in working with people with complex needs. This engaging course will provide opportunities for reflection and growth as a practitioner in the disability space.

The prevalence of mental health challenges is higher in people with a disability than the general population. Early identification and appropriate response can dramatically alter the outcomes of mental distress.

This course will support participants to:

- Have increased knowledge of types of disabilities and the impact of stigma on citizenship;
- Have increased confidence in recognising and responding to anxiety, depression, psychosis and substance use in people living with disability;
- Have increased confidence in putting principles into practice and using observation and communication tools to make reasonable adjustments for people with disability; and
- Develop an understanding of the purpose of the NDIS and the role it plays in the lives of people with disability.

Suitable for anyone supporting people with disability, be it in a therapeutic or caring role.



Mental Health First Aid - Standard

Available
Face to face

Become an accredited Mental Health First Aider and confidently respond to adults experiencing mental health challenges in crisis.

The standard two-day, 12-hour course Mental Health First Aid (MHFA) course is for any interested adult and will teach participants how to assist people who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received, or the crisis resolves.

Mental Health First Aid (for Youth)

Available
Face to face

Become an accredited Mental Health First Aider and confidently respond to young people experiencing mental health challenges in crisis.

The 14-hour course is for adults assisting young people. Adolescence is a time important change and development. It is also the time when mental health problems can first emerge. During high school years, mental health problems are among the leading causes of falling grades, problems, with friends, and relationships, substance use, or abuse and they can have lifelong impact.

This course will teach adults how they can assist adolescents who are developing a mental health problem, experiencing worsening of a mental health problem or in a mental health crisis.

Mental Health First Aid Refresher

Available
Face to face

Refresh your knowledge and your Mental Health First Aid accreditation.

Formal MHFA accreditation lasts three years. For people who have previously completed the full standard course, the refresher course is a 4-hour face-to-face session that allows people who have previously completed the standard MHFA course to refresh their knowledge and skills. For people who are accredited MHFA aiders, this course offers an opportunity to extend their accreditation for a further 3 years.



Mental Health in the Workplace

Available
Face to face

Create and sustain a mentally healthy workplace culture.

This positive and practical workshop is designed to promote and maintain a healthy workforce and explores ways and means to build a supportive and mentally healthy workplace culture.

This workshop is designed for those who lead, supervise and support others in the workplace, with the aim to achieve the best outcomes for both individual staff and organisations.

In this course participants will learn the following:

- Develop an understanding of mental health and an awareness of the warning signs to identify vulnerable staff;
- Gain awareness of employer responsibility in identifying and responding to psychosocial hazards in the workplace;
- Gain insight into how to create/build a supportive and mentally healthy workplace culture;
- Develop the necessary tools, skills and ability to respond and support a person in emotional distress or crisis: and
- Be mindful of own wellbeing and capacity to support a person with mental health challenges.

Suitable for Managers, Leaders, HR staff and Supervisors.

Navigating Professional Boundaries

Available
Face to face

Balance professional boundaries with responsible and compassionate client support.

Professional boundaries are the borders that help establish professional relationships between frontline health workers and their clients. Boundaries are established within an ethical and legal context to protect each party from developing unprofessional, unethical, or confusing relationships.

This course examines the nature of boundaries and how to work within boundary frameworks while maintaining care and compassion. Participants are encouraged to reflect on their current model of practice identifying aspects of their work that can be improved through the theory and practical strategies presented.

In this course participants will:

- Identify the importance of self-care and reflective practice in being able to uphold ethical boundaries;
- Understand dual relationships and the role that power plays in setting and maintaining boundaries;
- Have increased confidence in navigating boundaries (and responding to breaches of boundaries) in professional settings; and
- Explore the importance of upholding organisational policy whilst being ethically responsive.

Suitable for a variety of workplaces providing services to a client base.

Navigating Professional Boundaries: Core Concepts

Available
Face to face
and Online

Balance professional boundaries with responsible workplace practice and compassionate client support, in this half-day version of Navigating Professional Boundaries.

Professional boundaries are the defined limits that guide appropriate interactions and responsibilities in the workplace, ensuring respect, integrity and professionalism. In client-facing roles, these boundaries create a clear framework for relationships between workers and their clients. Established within ethical and legal standards, boundaries protect both parties from entering into relationships that could become unprofessional, unethical or confusing.

This short course will support participants to:

- Understand the role that self-care and reflective practice play in maintaining ethical boundaries and managing power dynamics; and
- Build confidence in managing boundary challenges, responding to breaches and upholding organisational policies ethically.

Suitable for those workers and workplaces providing services to a client base.

Neurodiversity and Mental Health

Available
Face to face
and Online

Develop practical skills for supporting the mental health of neurodivergent people.

This practical course builds understanding of the unique mental health challenges faced by many neurodivergent people and develops confidence in providing appropriate, strengths-based support. Participants will explore how being neurodivergent can intersect with mental health and learn practical skills to respond with empathy, clarity and confidence. The course focuses on what helps, what harms and how to create safer, more supportive interactions in everyday practice.

On completion of this workshop participants will:

- Understand the unique mental health challenges faced by neurodivergent people; and
- Have increased confidence using skills to support neurodivergent people experiencing mental health challenges.

Suitable for leaders, HR, community workers and practitioners supporting the mental health of neurodivergent people.

Develop an understanding of mental health challenges in older people to support safe, person-centred practice.

Australia has an ageing population and like people of all ages, older people may experience a range of mental health challenges in their lives. There are specific life events and contributing factors that may impact an older person's mental health. These include retirement, grandparenthood, physical health issues, grief and loss, financial stress, cognitive issues, changing living arrangements and changing levels of independence and isolation.

The Older People and Mental Health course explores the common mental health challenges faced by older people, key risk factors, protective factors, the signs of symptoms of mental health challenges and the co-occurrence of mental health and other issues, including cognitive and physical health difficulties. The course will provide a range of practical tools and strategies for staff, supporters and carers to be able to support older people with their mental health.

This course will support participants to:

- Gain an understanding of 'normal ageing' and the impact of stigma;
- Develop knowledge and understanding of mental health challenges and the ability to recognise these challenges in older people;
- Build skills in raising and responding to mental health concerns in older people using a range of practical strategies; and
- Integrate their learning and increase confidence when caring for or working with older people with mental health challenges.

Suitable for workplaces that offer aged-care services and for people in general within the community who provide support services to older people.



Positive Psychology Tools

Available
Face to face

Apply positive psychology practices to strengthen wellbeing and resilience.

This course was developed to provide participants with practical tools that they can use in their work as well as in their daily lives to build and maintain resilience and a sense of wellbeing. The course blends theory/practical activities to provide a pathway to an improved sense of wellbeing.

Positive Psychology is an emerging area of psychology that was founded by psychologist Martin Seligman. It is an evidenced-based approach to creating wellbeing by building a satisfying life through positive emotions engagement, positive relationships, meaning and accomplishment. It promotes 'human flourishing' and considers the strengths and strategies that enable individuals, communities, and organisations to thrive.

Participants in this course will learn to:

- Develop an understanding of Positive Psychology and the evidence upon which it is based;
- Understand and be able to apply Positive Psychology tools including the "PERMA" model (**Positive Emotion, Engagement, Relationships, Meaning, Achievement**)
- Practice a range of positive psychology strategies;
- Be mindful of their own wellbeing and how to use effective self-care strategies; and
- Integrate the learning from this course into their work and/or their own lives.

Suitable for staff who work in empowering, strengths-based and creative ways with consumers as well as individuals who would like to learn how to use positive psychology tools in their own lives.

Recovery and Recovery Plans

Available
Face to face

Plan and support clients' mental health recovery, using a person-centred techniques.

Learn how to develop strength-focused relationships and practical strategies to support clients with their recovery goals. Recovery is a key concept in mental health care and participants will be introduced to its origins, as well as its application as both a treatment philosophy and a guide to policy. Participants will also learn about the importance of language in recovery-oriented practice, fostering a recovery alliance and explore how to effectively engage in recovery planning with consumers.

This course provides participants with:

- An understanding of what Recovery is and is not;
- An understanding of the relevance of recovery principles and the CHIME framework to recovery planning;
- Increased confidence in how to use recovery planning to support a person to identify goals that align with SMART principles; and
- The ability to use recovery planning tools in a collaborative, person-centred way that ensures that individuals are fully involved the recovery planning process.

Suitable for staff working in service areas involved in helping clients create recovery plans.

Reflective Supervision – A Non-Clinical Approach

Available
Face to face

Manage staff in non-clinical roles using reflective supervision techniques.

This course will look at how effective supervision plays a strong role in attracting, retaining, and providing ongoing support to a motivated and highly skilled workforce.

Participants will learn how to create and sustain a safe supervision space that nurtures a strong working alliance between supervisor and supervisee, and how to continually reflect on their own supervision practice so that the supervision experience is mutually beneficial and empowering.

On completion of this course participants will understand:

- Understand what is meant by non-clinical supervision, its context, and how it supports work practice;
- Understand the principles that underpin effective non-clinical supervision;
- Understand and feel confident implementing non-clinical supervision processes; and
- Reflect on their own work practice and what they are bringing to the supervision space

Suitable for individuals seeking to build their skills in providing supervision in a non-clinical work setting.

Reflective Supervision – Applied Skills

Available
Face to face

Based on the foundations learned in Reflective Supervision – A Non-Clinical Approach, strengthen your supervision practice with practical tools. Frameworks and action planning.

Scheduled at least 12 weeks after the initial training, this timing enables participants to consolidate foundational knowledge, apply key concepts within their practice, and return with practical insights that enrich the applied learning experience. Reflective Supervision – Applied Skills deepens participants' capability by building on real-world application and strengthening their competence across five core areas

This course will support participants to:

- Confidently select and apply reflective supervision frameworks that align with diverse practice contexts;
- Strengthen practical questioning techniques to deepen reflection and support supervisee growth;
- Identify and effectively navigate common supervision challenges using applied strategies;
- Apply evidence-informed approaches to supervisor self-care to maintain resilience and wellbeing; and
- Develop a personalised action plan to support ongoing growth and supervision capability.

This course provides a structured, practice-focused environment suited for participants wanting to refine their supervision approach, strengthen reflective capacity, and build confidence in applying reflective supervision with increased effectiveness and impact.

Build confidence to respond safely and effectively to mental health challenges and crisis.

This workshop is about building confidence as first responders to support someone experiencing a mental health challenge. It prepares participants to know how to recognise signs of mental health issues and how to respond in an effective way.

Participants explore the 5 Rs and apply the ASK Framework to guide mental health conversations.

This course will support participants to:

- Gain a broad understanding of the most common mental health conditions in Australia;
- Understand the relationship between risk factors and warning signs;
- Develop the skills to respond and support a person in emotional distress or crisis and refer appropriately, using the 5Rs framework and ASK principle; and
- Understand boundaries and being mindful of your own wellbeing and capacity to support a person with mental health challenges.

Suitable for staff in front-line roles and the broader community wanting to know how to help someone experiencing mental health challenges.



Understanding Grief and Loss

Available
Face to face

Respond to situations of grief and loss with skill and sensitivity.

Most people will experience loss at some point in their life. Grief is a reaction to any form of loss and can encompass a range of feelings including deep sadness and anger. The process of adapting to a significant loss can vary dramatically from one person to another. The extent of what was lost often depends on a person's beliefs, culture and relationship.

Emotions in relation to loss are often surprising in their strength and unpredictability. They can also be confusing. Increasing our understanding of the human response to loss allows us to be more compassionate with ourselves and others at times of great need. This course will increase a person's understanding, skills and confidence to support others in their grief journey.

The course will support participants to:

- Understand what grief and loss is;
- Learn about the different grief theories and their application;
- Learn about the grief journey and how we can support others;
- Understanding challenges and limitations when supporting a person in grief; and
- Increase awareness of work-life balance.

Suitable for staff who want to work in skilful and sensitive ways with clients experiencing loss, while also gaining insights into applying the grief and loss model in their own lives.

Understanding Self-harm

Available
Face to face

Develop understanding and practical skills to support people who self-harm.

"Self-harm includes cutting, burning or hitting oneself, binge-eating or starvation, or repeatedly putting oneself in dangerous situations. It can also involve abuse of drugs or alcohol, including overdosing on prescription medications." *Sane Australia*.

Dealing with self-harm can be confronting, as it can be an extreme way of trying to cope with distressing or painful feelings. Workers who can identify, understand and support a person who self-harms and can make a significant difference to their outcome. As well as the knowledge component, participants will develop their practical skills by using practice tools to respond to real-life scenarios.

This course will give participants:

- An understanding of why people self-harm;
- An understanding of the underpinning theories around self-harm;
- Practical strategies for supporting someone who self-harms; and
- An understanding of how to conduct safety planning, and how to best support caregivers.

Suitable for workers in a wide range of mental health and front-line roles.

Understanding Vicarious Trauma

Available
Face to face
and Online

Recognise the impact of vicarious trauma and build practical strategies to strengthen resilience and wellbeing.

This training course is designed to help professionals working in high-stress roles and challenging work environments identify the signs of vicarious trauma and build coping skills through practical, evidence-based strategies.

Participants will learn how to recognise early warning signs in themselves and others, understand the impact of sustained exposure to trauma, and apply proactive measures to reduce risk and maintain personal wellbeing.

Through interactive discussions, reflective exercises, and practical tools, this course empowers individuals to foster a healthier, more sustainable professional practice.

This course will give participants:

- An understanding of the difference between Vicarious Trauma, Compassion Fatigue and Burnout;
- Increased knowledge of how to identify and manage the signs of vicarious trauma; and
- Increased awareness of both personal and organisational strategies, to minimise the negative effects of vicarious trauma.

Suitable for professionals working in high stress roles.



Focused learning on core concepts.

Alongside our full-day programs, WAAMH offers **half-day courses** focused on the **core principles** of key mental health topics. These sessions are ideal as an introduction, a refresher for experienced staff, or as part of an induction for new employees. They also allow teams to build skills together with minimal disruption to daily work. Engaging and practical, these courses provide essential knowledge and key strategies in a flexible and cost-effective training option.

The following programs are offered as half day courses:

- **Understanding Vicarious Trauma – Core Concepts:** Recognise the signs and effects of vicarious trauma and learn practical strategies to support clients impacted by trauma, while supporting personal wellbeing and sustainable work practices.
- **Navigating Professional Boundaries – Core Concepts:** Gain clarity on maintaining professional boundaries within an ethical and legal context to protect both staff and clients, with tools to navigate challenging situations. Develop strategies to manage the boundaries between personal and professional life.
- **Being Trauma Responsive – Core Concepts:** Recognise the signs and impact of trauma on both clients and workers. Develop an understanding of trauma-informed principles and how to apply them to create safer, more supportive interactions.
- **De-escalation Skills – Core Concepts:** Understand the impact escalation has on the brain and body and how that affects behaviour and reasoning. Build confidence in recognising early signs of escalation and applying effective techniques to defuse tense or challenging situations, including the 3-step model for de-escalation.
- **Building Resilience** - This interactive workshop explores how to communicate safely with someone impacted by trauma while building practical skills to understand workplace stress, challenging behaviours, and growing mental health demands. Participants will gain evidence-based tools to strengthen resilience, support wellbeing, recognise early signs of stress, and contribute to healthier, more sustainable workplaces.

We are continuing to develop additional half-day training sessions to meet the emerging needs of workplaces. Contact us today to discuss a half-day session you would like to see created.

Sharing Professionally

Share your lived experience with confidence and purpose.

Designed for people with lived experience, by people with Lived Experience, this workshop series will support you to refine your narrative, build presentation skills, and develop robust self-care strategies for before, during and after professional speaking events.

By the end of the three workshops, participants will have:

- A polished Lived Experience presentation;
- Increased confidence in presenting their Lived Experience story to a group;
- An understanding of how to adapt to different audiences, whilst maintaining authenticity; and
- Increased knowledge regarding self-care and anti-anxiety strategies.

Suitable for individuals with lived experience who wish to share their stories in professional settings for the purposes of advocacy or training.

Lived Experience Lens

An interactive introduction to the value, purpose, and practice of peer work.

WAAMH's Lived Experience Engagement Officer can attend your monthly staff meetings virtually, delivering Lived Experience Lens sessions. Each session is designed to provoke thought and discussion, whilst gently illuminating the value and purpose of peer work.

This course will give participants:

- Increase staff understanding of peer work (purpose, values, and diversity of peer roles);
- Reduce misconceptions and stigma about peer work; and
- Strengthen collaboration and integration between peer workers and non-designated staff by improving role clarity, shared language, and practical “how we work together” behaviours.

Suitable for Staff and teams seeking to build their understanding of peer work and strengthen collaboration with lived experience roles.

WAAMH Member Training Discounts

Our members for receive discounted training rates for both semester and contract courses, so why not consider taking out a WAAMH membership today!

Learn more about the Memberships available

Connect to the website

<http://waamh.org.au/membership>



Learn more about Semester Training Courses

Connect to the website to book your next training course.

<https://waamh.org.au>



Check out how to book a Contract Training Course with WAAMH!

<https://waamh.org.au/events-and-training>




Contact our friendly [WAAMH Training Team](#) members today to learn more the training options available and especially how these can be tailored to suit your workplace needs.


email: training@waamh.org.au or call us on 08 6246 3000

We look forward to hearing from you.

WAAMH's Training Team
Western Australian Association for Mental Health



Make a difference
today with learning!





WAAMH

**Western Australian Association
for Mental Health**



Sector Development

Supporting your mental health practice through training and consultation.



Membership

Join a network which influences mental health priorities and community attitudes.



Service directory

Find a community mental health service in your area.



Support us

Corporate partnerships, sponsorship, donations, bequests and volunteering.



@WAMentalHealth



@TheWAAMH



@MentalHealthWeekWA



08 6246 3000



training@waamh.org.au



waamh.org.au