

Relationships **Matter**
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AREN'T THINGS...
ABN: 48082813



2-DAY FACILITATED WORKSHOP ONLINE

CERTIFICATE IN PSYCHOSOCIAL RECOVERY COACHING

Course Cost: \$595+GST | Early bird is \$545+GST by November 23rd

Changing Lives and Creating a Bright Future for Your Clients

There is a strong demand for people with lived experience or a mental health background to be qualified in the principles and practices of recovery-oriented counselling. This is to ensure that NDIS mental health services are delivered in a way that supports the recovery of mental health consumers.

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WORKSHOP DATES:

November 18 and 19 | 9:00 am – 4:30 pm AEST

Certificate on completion. **WORKSHOPS ARE FACILITATED LIVE ONLINE**

Course Overview

The principles of recovery-oriented mental health practices are to develop:

- An understanding individual's uniqueness
- Real choices for consumers
- An understanding of attitudes and rights
- Partnership and communication in the recovery process
- Build support, evaluate and adjust the recovery of the consume

Our courses are underpinned by both the Trauma Informed Care Model and the Recovery Orientated Practice Model. This is a holistic, person centred approach to mental health care. The model has quickly gained momentum over the past decade and is becoming the standard model of mental health care. Recovery orientated practice focuses on building trust and encouraging relationships based on hope all required for effective Counselling practitioners. This course is also designed for existing coaches, teachers, managers, case managers, supervisors and individuals intending to develop their skills as a Psychosocial Recovery Coach. Psychosocial Recovery Coaching promotes recovery by removing barriers and obstacles to recovery and serves as a personal guide and mentor for people seeking or already in recovery.

The course content is also designed for both the workplace and those seeking to develop their skills to work with clients who are on the NDIS Recovery Coach Plan. This interactive workshop will provide you with opportunities to practise the skills during the 2 days in small 'break out' groups in our online learning academy to examine in detail:

- Issues relevant to mental health problems in the workplace
- Clarify any points of uncertainty during discussions
- Apply the Action Plan to relevant workplace scenarios
- Discuss and reflect 'a where to from now' with your skills

- The purpose of Recovery Coaching
- The roles and responsibilities of a Recovery Coach
- The Recovery Model and Process
- Working with a care plan
- List the components, core values and guiding principles of recovery
- Effective Communication Techniques
- Developing a Person-Centred Approach
- Build skills to enhance relationships

- Explore many dimensions of recovery and recovery coaching
- Discover attitudes about self-disclosure and sharing your story
- Understand the stages of recovery
- Describe the stages of change and their applications
- Increase their awareness of culture, power and privilege
- Address ethical and boundaries issues
- Practice newly acquired skills