



Project Air Strategy for Schools Adolescent Intervention for Clinicians working with Young People with Complex Mental Health Issues

Adolescent Intervention Workshop

Project Air Strategy for Schools is a collaborative project between Project Air Strategy for Personality Disorders, the NSW Department of Education and NSW Health

Project Air Strategy is working with clinicians to assist with resources and professional development to support working with young people with complex mental health issues. This includes young people with personality disorder, trauma history, self-harm and suicidal behaviour, and difficulties with affect, identity and relationships.

The workshop will present an adolescent intervention guide for clinicians and facilitate opportunities to:

- Deepen understanding of the development of complex mental health issues, including the role of temperament, attachment, environment, trauma, and genetics
- Gain further skills in applying a relational model approach to formulation
- Enhance skills in reflective practice and self-care
- Ground skills in using the intervention, including engaging the young person, approaches to assessment, and assessment and management of risk
- Enhance skills, techniques and activities that can be applied in the psychological treatment of young people experiencing complex mental health issues
- Identify factors that promote a collaborative approach between schools, families, health and external services
- Review the key tasks involved in conducting a complex care review

The workshop will be delivered by **Professor Brin Grenyer, Dr Michelle Townsend and Dr Ely Marceau.**

Target audience:

This training is targeted for clinicians working with young people across a range of settings, education, health, community services and private practice. The workshop has a limit of 50 participants.

Date: Monday 8th April 2019
Time: 9.00am – 4.00pm (registration commences 8.30am)
Venue: Wollongong Golf Club
Cost: \$150pp (Catering provided)
Registration: [\(liesl to provide link\)](#)
Enquiries: mtownsen@uow.edu.au