

Step up your intervention skills in 2021.

Advanced, intermediate and foundational workshops in alcohol and other drugs.



360edge.



Grounded in evidence. Delivered by experts. Trusted by professionals.

Specialist practice skills

Develop your specialist skills in alcohol and other drug treatment with our workshops specifically designed for practitioners working with people who use alcohol and other drugs in any setting.

Emotion regulation skills for alcohol and other drug workers NEW!

Learn how to work with intense emotions

Negotiating roadblocks in therapy NEW!

Reduce the risk of drop out by understanding and addressing therapeutic obstacles and ruptures.

Navigating complexity

Mental health comorbidity and other types of complexity can add challenges to treatment. Gain skills in working with complexity to achieve better outcomes.

The brain workshop NEW!

Understand how the brain works and the impact of drugs. Learn how it affects treatment and how to adapt your approach to improve client outcomes.

The art of thriving at work NEW!

2020 highlighted the importance of worker self care. Relax, recharge and revive for 2021 to ensure you are at your best for your clients.

Superskills for supervisors

Discover what's new in comorbidity in this practical workshop for AOD workers

Help! I've been subpoenaed

Discover what's new in comorbidity in this practical workshop for AOD workers

Advanced therapeutic skills

Advance your therapeutic skills in motivational interviewing and CBT with our clinical skills workshops. Designed for alcohol and other drug practitioners but open to anyone who wants to enhance their core skills.

Understanding CBT

Shore up your therapeutic skills with this core therapy workshop in cognitive behaviour therapy.

The how and why of MI

Step up your core practice skills in motivational interviewing for alcohol and other drugs.

Integrating motivational interviewing with cognitive behaviour therapy

Enhance client outcomes by seamlessly integrating these essential practice skills.

Cognitive behaviour therapy masterclass

Level up your practice with our acclaimed 4-day self practice/self reflection masterclass in cognitive behaviour therapy

Motivational interviewing masterclass

Deepen your therapeutic approach with our 2-day self practice/self reflection masterclass in motivational interviewing.



Grounded in evidence. Delivered by experts. Trusted by professionals.

Trauma skills series

Develop your specialist skills in working with people who have a history of trauma.

Trauma informed care

Understand trauma and its effects, apply stepped care principles and identify personal and organisational capacity to respond effectively.

Responding to trauma

Deepen your understanding of trauma and gain real skills in managing trauma related symptoms in alcohol and other drug settings.

Trauma masterclass **NEW!**

Enhance your skills and confidence in this deep dive workshop on effective trauma treatment in alcohol and other drug settings.

[Register for the trauma series here](#)

Working with families series

Develop your skills in managing family dynamics in families where alcohol or other drug problems are present.

Working with families in alcohol and other drug settings

Our evidence based framework will enable you to address the needs of families in your AOD work.

Working with families with domestic and family violence **NEW!**

Understand how to work with families when family violence is present.

Advanced masterclass in working with families **NEW!**

Deep dive into the 5-step model of family intervention to provide advanced treatment for families when alcohol or other drugs are a factor.

[Register for the family series here](#)



Grounded in evidence. Delivered by experts. Trusted by professionals.

Responding to 'ice' series

Respond safely and effectively to people who use methamphetamine.

Responding to ice for frontline workers

This half day workshop is designed for frontline workers in any sector. Learn how to talk to someone affected, manage challenging behaviours and refer to treatment.

Beyond the tip of the iceberg

This practical workshop is for health workers who want to improve their responses and reduce their stress while working with clients with methamphetamine problems.

Breaking the ice: Tailoring treatment

Find out how to adapt CBT and MI interventions to methamphetamine users in specialist alcohol and other drug treatment.

On thin ice: Creating a methamphetamine-ready service

Is your service methamphetamine ready? On thin ice is for managers and team leaders who want to make sure their services and teams are capable of responding effectively, and to reduce stress and burn out.

Cracks in the ice: Working with families

Discover the most effective ways to help families of people who use ice. This workshop is for any health workers and managers who want to develop or fine tune their skills family practice.

Research and evaluation series

Develop your skills in program, service and client outcome monitoring to enhance service provision.

Is my service working?

Gain skills to answer questions like 'how effective is our clinical program?' and 'who does this program work best for?'

Measuring clinical outcomes

Ensure your individual clinical work is effective and keep clients on tracking motivated through effective monitoring of clinical outcomes.

Research 101

Gain foundational research and evaluation skills to ensure projects are successful

Worker wellbeing and team building

Tailored support for your team through our wellbeing and team building workshops.

Help your team:

- Develop, reflect on and implement team and personal values
- Understand personal and team work styles to improve relationships and communication in the workplace
- Connect professionally and personally to bond the team

Looking for professional or workforce development for your whole team?
Get in touch to find out how we can design an online or face to face workshops program tailored for your organisation



Need help deciding which workshops are right for you?

We'll help you design a sequence of workshops that deliver a professional development program tailored to your needs at a discounted rate.

[Start here](#) or [call us for a chat](#).

If you are starting out in alcohol and other drug treatment

Try this sequence:

- Understanding CBT (4 March)
- Trauma informed care (24 March)
- The how and why of MI (29 April)
- The art of thriving at work (14 October)

[CLICK TO REGISTER!](#)

If you want to consolidate your foundational therapeutic skills

Try this sequence:

- The brain workshop (25 February)
- Integrating MI and CBT (27 May)
- Navigating complexity (23-24 June)
- Emotion regulation skills for AOD (28 July)
- Negotiating roadblocks in therapy (4 August)

[CLICK TO REGISTER!](#)

If you want to add to your specialist treatment skills

Try this sequence:

- Working with families in AOD (18 March)
- Responding to trauma (13 May)
- Help I've been subpoenaed (17 June)

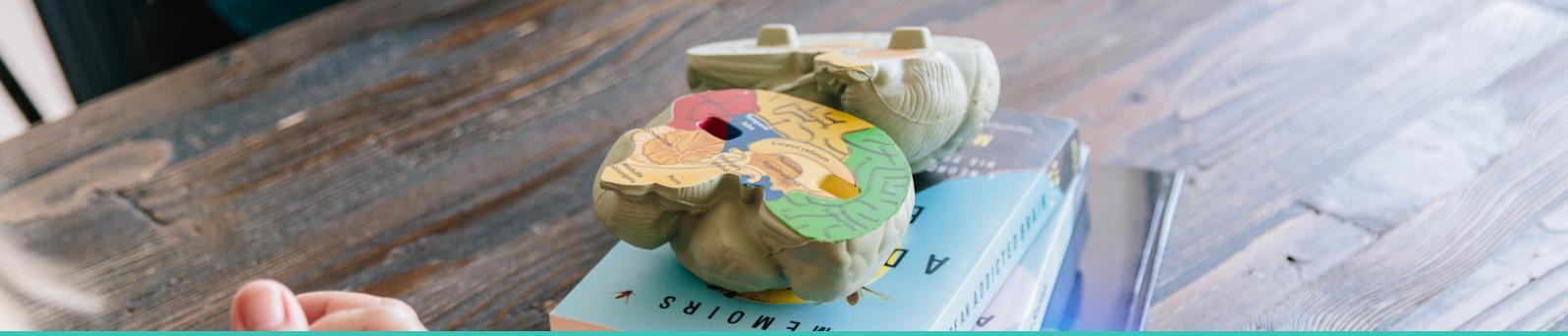
[CLICK TO REGISTER!](#)

If you are an advanced clinician and are taking the next steps

Try this sequence:

- Superskills for supervisors (7 June)
- MI masterclass (25-26 August)
- CBT masterclass (9-12 November)

[CLICK TO REGISTER!](#)



Meet the facilitators.

360Edge is a leading Australian health consultancy, specialising in workforce and service development in the alcohol and other drug, and allied, sectors. Our team of experienced 'pracademics' blend research and practice to take a 360 approach, viewing solutions from multiple perspectives.

Our trainers are the key to effective learning. They are the best in their field, with the right blend of clinical experience, expert training skills and latest research knowledge. Our unique pragmatic approach to professional development focuses on real skills delivered by clinical experts in alcohol and other drug treatment. We use the latest adult learning principles to focus on implementation of knowledge to practice.

We are a lead provider of professional development for alcohol and other drug specialists, as well as other health, welfare, and education frontline workers who work with people who use alcohol and other drugs.

Professor Nicole Lee

Founder and CEO



Nicole is an international leader in all things alcohol and drug practice. As an educator, Nicole brings a unique edge to our workshops, seamlessly blending evidence based content with practical and innovative learning methods that are clinician friendly. She skilfully manages the fine balance between research, theory and clinical application. Our participants love this dynamic approach to learning.

Paula Ross

Head of Workforce Development



Paula is one of Australia's most experienced alcohol and other drug trainers, and our expert in working with families. She is a practising psychologist with postgraduate qualifications in counselling psychology. Her real world experience in clinical practice, as well as teaching and supervision, brings learning to life and ensures our workshops are always clinically current. Our participants love her pragmatic teaching style.

Dr Richard Cash

Head of Service Development



Richard is our trauma expert. He is a practising psychologist with postgraduate qualifications in forensic psychology. His expertise in leading the development and delivery of content rich resources, results in training packages that are clinically sound, dynamic and easy to learn. Participants gain practical skills during his workshops that have a sustained clinical application.

Jarryd Bartle

Forensic Consultant



Jarryd is our forensic specialist and legal eagle. With his background as a criminal lawyer, university lecturer and science communicator, Jarryd brings a unique, cross-disciplinary perspective to the alcohol and other drug sector. He has a talent for communicating complex scientific and legal concepts to any audience. Our participants love his ability to make complex topics fun to learn.

February

The brain workshop

25 February
[BOOK HERE](#)

March

Understanding CBT

4 March
[BOOK HERE](#)

Working with families

18 March
[BOOK HERE](#)

Trauma informed care

24 March
[BOOK HERE](#)

April

The how and why of MI

29 April
[BOOK HERE](#)

May

Responding to trauma

13 May
[BOOK HERE](#)

Integrating MI and CBT

27 May
[BOOK HERE](#)

June

Superskills for supervisors

7 June
[BOOK HERE](#)

Help I've been subpoenaed

17 June
[BOOK HERE](#)

Navigating complexity

23 June
[BOOK HERE](#)

July

Breaking the ice

15 July
[BOOK HERE](#)

Emotion regulation skills

28 July
[BOOK HERE](#)

August

Negotiating roadblocks

4 August
[BOOK HERE](#)

MI masterclass

25-26 August
[BOOK HERE](#)

September

Trauma masterclass

15-16 September
[BOOK HERE](#)

October

Good night, sleep tight

14 October
[BOOK HERE](#)

Working with families with DFV

21 October
[BOOK HERE](#)

November

CBT masterclass

9-12 November
[BOOK HERE](#)

Thriving at work

25 November
[BOOK HERE](#)

December

Working with families advanced masterclass

8-9 December
[BOOK HERE](#)

All workshops in 2021 are delivered online through Zoom, except the CBT Masterclass which will be held face to face in Melbourne.