



2024 Professional Development Calendar

Enhance your treatment and support skills in alcohol and other drugs and mental health





Why our workshops are so popular

Great presentation skills | Real clinical experience | Backed by science

Our trainers are the key to effective learning. They are the best in their field, with the right blend of frontline experience, expert training skills and latest research knowledge.

Our unique pragmatic approach to professional development focuses on real skills delivered by clinical experts.

We use the latest adult learning principles to focus on the translation of knowledge into practice.

We use a diversity of teaching styles to ensure learning is deep and sustained.

Our trainers are experts in skills development, online and face to face delivery and eLearning.



Need help deciding which workshops are right for you?

We'll help you design a sequence of workshops throughout the year that delivers a professional development program tailored to your needs – and at a discounted rate. Whether you are new to health or an advanced practitioner, we can tailor a program that builds on the skills you already have and supports new ideas and practices for best outcomes.

Looking for professional development for your team?

Get in touch to find out how we can design an online or face to face workshops program tailored for your organisation. We offer training needs analyses, workforce development planning and off the shelf or tailored workshop programs. We'll tailor a workforce approach including workshops, supervision and policy support to ensure your people are at their best.

Call us on 1300 988 184 or email training@360edge.com.au and one of our fabulous 360Edge team will be happy to help





Keep up with the latest responses in alcohol and other drugs

Whether you are an alcohol and other drug specialist or a specialist in mental health, welfare, justice, child protection or primary care, if your work involves people who use alcohol or drugs we'll help you develop the skills you need to get great outcomes.

Who are we?

360Edge is a leading for purpose organisation in Australia specialising in workforce, service and policy development.

We are a team of experienced 'pracademics' with real frontline experience as well as teaching and research experience, so we know what works and how to get it into practice. We use a full range of best practice teaching methods to ensure deep and sustained learning.

What do we do?

We offer professional development workshops to support anyone in your team working with people who use alcohol and other drugs.

- Half, one, two and four day workshops
- Online and face to face
- Core skills, intermediate and advanced
- Metropolitan and regional

Who do we work with?

Practitioners

We offer practical skills based workshops for practitioners responding to alcohol and other drug and mental health issues among their clients working in:

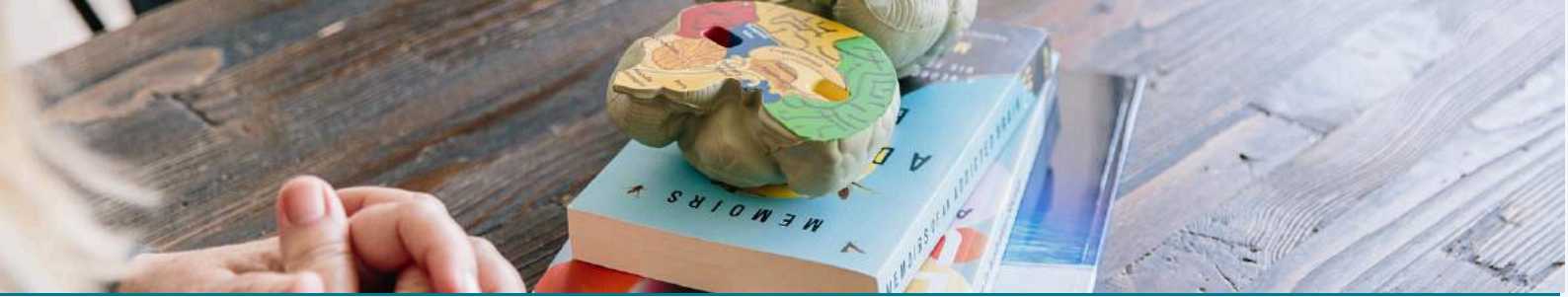
- Alcohol and other drugs
- Mental health
- Tertiary and primary health care
- Justice and Corrections
- Child protection
- Welfare
- Schools and educational settings

Managers and team leaders

We provide support to managers and team leaders to develop excellent services for people with alcohol and other drug or mental health issues and support workers to maximise outcomes.

Training includes supervision, establishing telehealth practice, and managers and team leader workshops to support change management, motivate teams and manage high risk workers.





Meet the facilitators



Professor Nicole Lee

Founder and CEO

Nicole is 360Edge's founder and CEO. She is an international leader in alcohol and drug policy and practice, and best known for her expertise on methamphetamine in Australia. Not your typical academic, she delivers the latest up to date thinking in a relevant and engaging way and makes the complex clear and easy to understand. With postgraduate qualifications in psychology and teaching, she skilfully balances evidence, theory, and clinical application. Our participants love her engaging teaching style.



Paula Ross

Head of Workforce Development

Paula is Head of Workforce Development and one of Australia's most experienced alcohol and other drug trainers. She is our expert in working with families. Paula 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 grounded in real world practice.



Dr Richard Cash

Head of Service Development

Richard is our Head of Service Development and trauma expert. He is a practising psychologist with postgraduate qualifications in forensic psychology. Richard has a unique blend of clinical experience, coupled with a focus on evidence based practice. His extensive clinical and teaching experience means his workshops are clinically sound and cutting edge. Our participants love his evidence driven approach.



Dr Moira Junge

Senior Associate

Moira is our Senior Consultant and CEO of Sleep Health Australia. She is a practising psychologist with postgraduate qualifications in health psychology and is one of Australia's leading sleep experts. She has a unique understanding of the nexus between physical and mental health and an ability to communicate complex ideas to a wide range of audiences. Our participants love her warm caring style.



Clinical Practice Workshops Program

Grounded in evidence | Delivered by experts | Trusted by professionals



Workshops Calendar 2024

Click on the workshop title to learn more or book your place

March

- 6** Understanding CBT
Online, one day
- 7** The How and Why of MI
Online, one day
- 21** The Brain Workshop
Online, one day

April

- 18** Emotion Regulation
Online, half day

May

- 9** Working with Complex Personality Traits
Online, half day
- 23** Trauma Informed Practice
Online, one day

June

- 6** Mindfulness Based Relapse Prevention **NEW**
Online, one day
- 13** Working with Families with AOD Issues
Online, one day

July

- 11** Breaking the Ice
Online, half day
- 18** The Art of Wellbeing **NEW**
Online, half day
- 25** Integrating MI and CBT
Online, one day

August

- 22** Superskills for Supervisors
Online, one day

September

- 5** Help! I've Been Subpoenaed
Online, one day
- 17** AOD Essentials Series for Mental Health Workers: Screening, Formulation and Brief Interventions **NEW**
Online, half day
- 23** Rethink MI Masterclass
Online, two days

October

- 3** AOD Essentials Series for Mental Health workers: AOD and The Brain **NEW**
Online, half day
- 15** AOD Essentials Series for Mental Health Workers: Essential MI and Relapse Prevention **NEW**
Online, half day
- 24** Back on Track **NEW**
Online, one day
- 31** Good Night. Sleep Tight.
Online, half day

November

- 19** Inside CBT Masterclass Melbourne, four days
- 28** Families of Substance Masterclass
Online, day one

December

- 5** Families of Substance Masterclass
Online, day two

In person

One day	\$500	\$590
Two days	\$880	\$1040
Four days	\$1360	\$1600

Online

Half day	\$300	\$350
One day	\$420	\$495
Two days	\$735	\$865

Group and multi workshop discounts and enterprise and organisational pricing available. Contact training@360edge.com.au

Book your place in our upcoming workshops here



Book early to avoid disappointment. Our workshops fill quickly and registrations may close early. Workshops may be cancelled if minimum numbers are not reached two weeks prior.



Core skills workshops for practitioners working with people who use alcohol and other drugs

Essential skills

Develop and consolidate your core skills in alcohol and other drug treatment and support. These workshops are designed for alcohol and other drug practitioners, but are highly relevant to anyone who wants to enhance their core skills. Core skills workshops are suitable for new practitioners, and as a refresher for experienced and advanced practitioners.

The How and Why of MI

Understand what really makes motivational interviewing tick so you can adapt it to any client or situation.

Understanding CBT

Learn how to apply key behavioural and cognitive therapy skills in alcohol and other drug settings so you can tailor strategies and treatment for different client presentations.

Trauma Informed Practice

Respond sensitively and effectively to people in alcohol and other drug treatment who have experienced trauma.

Integrating MI and CBT

Effectively blend motivational interviewing and CBT to achieve better client outcomes.

Advanced skills masterclasses

Strengthen your core therapeutic skills in our renowned intensive masterclasses. These workshops take a 'self-practice/self-reflection' approach to consolidate your skills and enhance your effectiveness. Our masterclasses are specially designed for experienced and advanced practitioners, but open to new workers who have completed the equivalent essential skills workshop.

Rethink MI: A two day motivational interviewing masterclass

Develop advanced skills in motivational interviewing to supercharge your alcohol and other drug practice.

Inside CBT: A four day masterclass in behavioural and cognitive therapies

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

Trauma Inside Out: A two day masterclass

Understand the causes and impacts of trauma and how to effectively respond and promote recovery.

Families of Substance: A two day advanced masterclass in working with families

Increase your confidence and skill in providing advanced interventions for families with alcohol and other drug use.





Specialist skills workshops for health workers

Step up your intervention skills in working with people who use alcohol and other drugs with these specialist workshops.

Responding to Comorbidity

Gain a deeper understanding in co-occurring mental health problems to effectively incorporate best practice responses into alcohol and other drug treatment.

Mindfulness Based Relapse Prevention

This mindfulness based workshop offers a practical and understandable approach to relapse prevention. You will boost your understanding and skills so you can easily adapt MBRP to suit individual clients' needs.

Working with Families with Alcohol and Other Drug Issues

Gain advanced clinical practice skills in working with families in alcohol and other drug settings.

Good Night. Sleep Tight: How to help people sleep better

Develop an in-depth understanding of sleep to aid your alcohol and other drug practice.

The Brain Workshop

Understand the inner workings of the brain on drugs and how to work effectively with cognitive impairments.

Working with Complex Personality Traits

Learn essential elements of working with people with personality disorders to maximise alcohol and other drug treatment outcomes.

Alcohol and Other Drugs Essentials for Mental Health Workers

This new three part series is designed specifically for the mental health sector to improve knowledge and skills in responding effectively to clients who experience co-occurring alcohol and other drug and mental health issues.

- Screening, Formulation and Brief Interventions
- Alcohol and Other Drugs and the Brain
- Essential Motivational Interviewing and Relapse Prevention

Back on Track: How to navigate ruptures in the therapeutic relationship

Increase the effectiveness of treatment by identifying and resolving ruptures and breaks in the therapeutic relationship.

Help! I've Been Subpoenaed: Everything you need to know to get court ready

Are you court ready? Gain confidence and reduce anxiety about appearing in court.

Emotion Regulation: Skills for managing client distress

Help your clients manage emotions and improve resilience to better participate in treatment and cope with life's stressors.

Superskills for Supervisors

Build your leadership and mentoring skills and contribute to the next generation of practitioners.

Harm Reduction in Abstinence-based Settings

Find out how to take a harm reduction approach and deliver robust interventions to reduce harm in any setting.





Working with people who use methamphetamine

360Edge are the experts in people who use methamphetamine and best practice responses. We provide training for practitioners in alcohol and other drugs, mental health, primary care, welfare and justice who see people who use methamphetamine. We provide tailored training to non-treatment frontline workers in transport, education, and human resources management, to ensure our community is equipped to respond to those who need it, in order to effectively reduce risk and harms.

Responding to Ice

For frontline workers in transport, education, health, welfare and other non treatment settings. Understand ice use and learn how to manage challenging behaviours.

Beyond the Tip of the Iceberg

This workshop is for health workers and others in non alcohol and other drug treatment settings who want to improve their responses working with people who use methamphetamine.

Breaking the Ice: Tailoring treatment for people who use methamphetamine

For alcohol and other drug and mental health practitioners. Understand how methamphetamine affects the brain and how to adapt existing strategies for better outcomes.

On Thin Ice: Creating a methamphetamine-ready service

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 staff 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 in family practice.





Evaluation and dissemination

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

Is My Service Working?

Learn our six step method for monitoring and managing outcomes in any health service.

High Fidelity: Therapeutic Effectiveness

Ensure your group or individual clinical work is effective and keeps clients motivated.

Research 101 for Practitioners

Gain foundational research and evaluation skills to ensure projects are completed successfully.

SpeakEasy: Creating Killer Presentations

Whether it's a team inservice or a conference of 1000, learn how to develop and convey key messages in an engaging and memorable way.

Media Training for the Terrified

Disseminate your work and influence community opinion by learning how to talk to print, radio and television media.

Worker wellbeing and development

Help your team develop and live collective team values; improve relationships and communication in the workplace; and bond together with our tailored support for your team through our wellbeing and team building workshops.

Practice Supervision

If you want to supercharge your clinical outcomes, supervision is the way. Get the best group or individual supervision for your team with one of our senior clinicians.

The Art of Thriving at Work

Stress and burnout on the horizon? Find out what it takes to thrive working in dynamic complex environments like alcohol and other drug and mental health services.

Making Telehealth Work

Telehealth is the way of now and the future. It increases accessibility, is convenient and reduces the impact of stigma. But it's not just a video or telephone call. There's a new set of skills to learn to make telehealth work effectively.

The Art of Wellbeing: Understanding, preventing and managing vicarious trauma

You will learn how to recognise and differentiate a number of responses, including vicarious trauma, burnout, compassion fatigue, and moral injury. Develop best practice strategies for prevention and learn how to identify early warning signs, implement effective self care strategies and access further support.



Corporate Development Program

Prevent alcohol and other drug and mental health issues in the workplace and build resilient teams





Workplace support and development

We offer workshops, mentoring and advice for workplaces implementing alcohol and other drug and mental health policy. This includes policy development and training for all levels of your organisation as well as change management, team motivation and managing high risk workers for managers and team leaders, and alcohol and other drug information for workers.

Alcohol and Drugs and Mental Health in the Workplace

Learn our six step method for developing great alcohol and other drug and mental health policy in the workplace.

Moventium - The Science of Team Motivation

High functioning teams are happy teams. Develop a Socratic leadership style to keep your team motivated and high performing.

Identifying Impaired Workers

Understand impairment from alcohol or other drugs and mental health problems, how to identify impaired workers and how to respond.

Return to Work After Drugs

Gain foundational research and evaluation skills to ensure projects are completed successfully.

Maximising Mental Wellbeing and Workplace Resilience

Find out how to optimise personal resilience and help your team roll with the ebbs and flows of the modern workplace. Happy team, happy life!



Schools of Substance Program

Make a real impact on young people's attitudes to tobacco, vaping, alcohol and other drugs to give them the right tools for the future





Alcohol and other drug and mental health support for schools

We provide teachers and other school staff with the latest information on alcohol and other drugs and mental health to ensure real and sustained impact.

Whether you need an expert on vaping for a parent education night, resources to support teachers or a full drug or mental health education program review, our Schools of Substance program offers evidence based alcohol and other drug prevention and mental health and wellbeing support. Our programs are uniquely designed for your school and your budget.

We are a preferred provider for the Victorian Schools Mental Health Menu.

We offer:

- Workshops for teachers
- Information nights for parents
- Evidence based programs for students
- Policy and implementation support for school executives

Find out more at 360edge.com.au





360edge.