

RAV TRAINING PROGRAM 2022

Professional Development Webinars & Workshops

RAV provides interactive, research and evidence-led workshops for professionals in the community, health and education sectors.

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Online Workshops: Single Session Contact in Online Therapeutic Practice

Single Session Contact in Online Therapeutic Practice	24/02/2022	9.30-12.30	Lilia Szarski
Single Session Contact in Online Therapeutic Practice	21/07/2022	9.30-12.30	Lilia Szarski

It is necessary to focus on achieving a beginning, middle and end to the way the session is organised. It is essential to narrow the data and approach the therapy with some pragmatism. Participants of this workshop will engage with valuable strategies and tools that can be integrated into their practice.

Learning outcomes

By the end of this workshop, participants will be able to:

- make the most effective use of just one hour
- narrow the data
- understand that in walk-in therapy the goal is for the client to leave the session with a sense of emotional relief and some sort of positive outcome
- learn, as early as possible, what the client wants from the session
- understand client motivation
- learn about risk and safety.

Ideal for

This workshop is designed for clinicians, social workers, community organisation workers, health professionals, youth workers, child and family workers and counsellors at any level of experience.

About the presenter

Lilia Szarski is a clinical supervisor and experienced trainer at Relationships Australia Victoria and a qualified, registered psychologist. She is also a member of the Australian Psychological Society, International Association of Family and Conciliation Courts, and the International Association of Applied Psychologists.

Online Workshop: Vicarious Trauma

Vicarious Trauma	17/03/2022	9.30-12.30	Lilia Szarski
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Psychological trauma can occur when a person is not able to cope with a distressing or overwhelming event, or process the emotions involved with their experiences.

Professionals including clinicians, frontline staff, supervisors and managers can experience vicarious trauma as a result of hearing about another person's trauma and witnessing their associated distress. Over time, this work-related exposure to clients' trauma can have a significant impact on professionals' wellbeing.

This workshop will explore different types of trauma and how they can impact staff and organisations. Factors that enhance and undermine resilience will be discussed. We will also outline strategies that you can use to manage vicarious trauma and maintain your wellbeing at work.

Learning outcomes

By the end of this workshop, participants will be able to:

- understand the nature and impact of vicarious trauma
- identify tools for monitoring your own and others' personal and professional wellbeing
- identify strategies to reduce your risk, and the risk of others, of experiencing vicarious trauma
- recognise the signs and symptoms that may indicate vicarious trauma is affecting wellbeing and work
- incorporate practices that support resilience and sustainability into work routines.

Ideal for

This workshop is designed for organisations and employees clinicians from all sectors who may work with/support clients experiencing challenging circumstances.

About the presenter

Lilia Szarski is a clinical supervisor and experienced trainer at Relationships Australia Victoria and a qualified, registered psychologist. She is also a member of the Australian Psychological Society, International Association of Family and Conciliation Courts, and the International Association of Applied Psychologists.

Online Workshop: Managing Challenging Behaviours

Managing Challenging Behaviours	07/04/2022	9.30-12.30	Lilia Szarski
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Learn strategies to diffuse difficult situations, manage intense emotions, and move towards positive solutions. Everyone gets frustrated or angry on occasion, particularly when they are under pressure. Most people deal with their anger and frustrations in ways that are socially acceptable and appropriate. We will discuss and practice strategies that you can use to diffuse situations where clients, colleagues or community members may be exhibiting strong emotions and/or difficult behaviours. When using these strategies, it is important to have an understanding of your own particular triggers and how you can manage your own emotions.

Learning outcomes

By the end of this workshop, participants will be able to:

- explain how and why people react to difficult situations physically and emotionally
- apply strategies for helping others to manage emotions
- develop and apply effective communication skills
- articulate and apply conflict management strategies
- demonstrate an understanding of how to monitor and maintain self-care.

Ideal for

A range of workers in community organisations, social services, schools or businesses dealing with challenging clients or colleagues.

About the presenter

Lilia Szarski is a clinical supervisor and experienced trainer at Relationships Australia Victoria and a qualified, registered psychologist. She is also a member of the Australian Psychological Society, International Association of Family and Conciliation Courts, and the International Association of Applied Psychologists.

Online Workshop: The Casual Counsellor

The Casual Counsellor	19/05/2022	9.30-12.30	Lilia Szarski
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At some stage over their careers, many people will find themselves needing to support or help a colleague or a friend who is in difficult circumstances. Counselling skills can often assist in the management of the colleague or friend's emotional response to an issue or event. Other situations where a person may need to be the "casual counsellor" include helping a staff member who is a direct report, helping a student or parent in an education setting or assisting a client in a non-clinical situation.

Learning outcomes

By the end of this workshop, participants will be able to:

- identify when a colleague/staff member/client is not coping emotionally
- apply knowledge of how to decide when to intervene or assist
- demonstrate basic counselling skills including listening, using empathy, questioning and reframing
- apply strategies for their own reactions and the need for self-care.

Ideal for

Staff in a range of workplaces including the community, education, health and business sectors who may need to support colleagues or clients.

About the presenter

Lilia Szarski is a clinical supervisor and experienced trainer at Relationships Australia Victoria and a qualified, registered psychologist. She is also a member of the Australian Psychological Society, International Association of Family and Conciliation Courts, and the International Association of Applied Psychologists.

Online Workshop: Attending Court and Writing Reports

Attending Court and Writing Reports	28/07/2022	9.30-12.30	Lilia Szarski
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This workshop introduces non-legal practitioners, such as psychologists, counsellors and social workers, to the requirements and legal obligations of writing court reports, attending court as a witness or support person, and your responsibilities to your clients. We will examine commonly requested reports such as Parenting Reports, Child Assessments, Family Reports, and Intervention Order assessment reports. Consideration will be given to the laws which govern these reports, including the Family Law Act and the Children and Young Person's Act.

Learning outcomes

By the end of this workshop, participants will be able to:

- develop knowledge of how the Family Court, Melbourne Magistrates' Court and Federal Circuit Court of Australia operate
- understand the requirements of attending court as a witness who is subpoenaed
- understand the requirements of attending court as a support person
- understand the purpose, structure and use of a court report
- analyse how reports are used in courts, and the issues that may arise in the process of cross-examination
- analyse the impact of having an on-going professional relationship with clients after the process of court preparation.

Ideal for

Non-legal practitioners, such as psychologists, counsellors and social workers.

About the presenter

Lilia Szarski is a clinical supervisor and experienced trainer at Relationships Australia Victoria and a qualified, registered psychologist. She is also a member of the Australian Psychological Society, International Association of Family and Conciliation Courts, and the International Association of Applied Psychologists.

Online Workshop: Identifying and Responding to Family Violence

Identifying and Responding to Family Violence – 2 day workshop series	17/08/2022 and 18/08/2022	9.30-12.30	TBA
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Details TBA

Online Workshop: Responding to Family Violence in the Workplace

Responding to Family Violence in the Workplace	15/09/2022	9.30-12.30	Lilia Szarski
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In this workshop participants will gain an understanding of family violence and how to 'Recognise, Respond & Refer'. Indicators of family violence will be addressed with a focus upon how to ask about family violence and respond in the workplace. Processes as referral and also current legislation will also be examined.

Learning outcomes

By the end of this workshop, participants will be able to:

- identify when a colleague/staff member is potentially experiencing family violence
- apply knowledge of how to decide when to intervene or assist
- demonstrate skills including listening, using empathy, questioning and reframing
- apply strategies for response including referrals to appropriate services.

Ideal for

Staff in a range of workplaces including the community, education, health and business sectors who may need to support colleagues or clients.

About the presenter

Lilia Szarski is a clinical supervisor and experienced trainer at Relationships Australia Victoria and a qualified, registered psychologist. She is also a member of the Australian Psychological Society, International Association of Family and Conciliation Courts, and the International Association of Applied Psychologists.

Online Workshop: The Tree of Life: An Approach to Working with Vulnerable Children, Young People and Adults

The Tree of Life: An Approach to Working with Vulnerable Children, Young People and Adults	04/10/2022	9.30-12.30	Kim Roberts
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The Tree of Life is a creative arts process for children, young people, adults and groups. This workshop is designed to help counsellors who may be struggling to engage children and others through practical online skills-training in art, play, drama and storytelling therapies.

Learning outcomes

By the end of this workshop, participants will be able to:

- generate creative and effective ways to engage with children, young people and adults
- offer alternatives to talk only therapies
- encourage children, young people and adults to express emotions, engage in mindfulness and evoke behavioural change.

Ideal for

Staff in a range of workplaces who work with children and families including the community, education, health and business sectors. This workshop is designed for clinicians, social workers, community organisation workers, health professionals, youth workers, child and family workers and counsellors at any level of experience.

About the presenter

Kim's passion is sharing creative therapeutic interventions that can bring people renewed hope and understandings about themselves, and fresh ideas about how they want to live in the world. Kim is a published author of *A Counsellor's Companion – creative adventures for child counsellors, parents and teachers*.

Online Workshop: Managing Difficult Conversations

Managing Difficult Conversations	20/10/2022	9.30-12.30	Lilia Szarski
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Difficult conversations can be uncomfortable. In this online workshop you will learn how to apply skills to prepare for difficult conversations, and strategies to help you to manage your emotions and support others in the conversation. This workshop will also explore and unpack effective communication skills and common conflict management styles.

Learning outcomes

By the end of this workshop, participants will be able to:

- apply skills to prepare for a difficult conversation
- demonstrate an understanding of effective communication skills
- demonstrate an understanding of how and why people react to difficult situations physically and emotionally
- apply strategies to manage emotions
- demonstrate an understanding of common conflict management styles.

Ideal for

Staff in a range of workplaces including the community, education, health and business sectors who may need to support colleagues or clients.

About the presenter

Lilia Szarski is a clinical supervisor and experienced trainer at Relationships Australia Victoria and a qualified, registered psychologist. She is also a member of the Australian Psychological Society, International Association of Family and Conciliation Courts, and the International Association of Applied Psychologists.

Online Workshop: Working with Dads

Working with Dads	16/02/2022	1.00-4.00	Dominic Alford
	18/05/2022	1.00-4.00	Dominic Alford
	17/08/2022	1.00-4.00	Dominic Alford
	16/11/2022	1.00-4.00	Dominic Alford

In this interactive online workshop you will be supported to gain knowledge, practical advice and strategies to engage dads and families in positive and effective ways. Along with other participants you will work collectively to form strategies for supporting dads and build skills for creating more dad friendly programs and services in the community.

Learning outcomes

By the end of this workshop, participants will be able to:

- demonstrate an understanding of what makes dads important
- articulate the 7 different ways to be a dad
- demonstrate an awareness of dad-focused programs, research and work across Australia
- promote dads effectively
- support dads to create positive family relationships
- articulate how to maintain work and family balance for dads
- use skills and strategies to create a dad-focused service
- demonstrate an understanding of the issues related to working from home - how are dads going?
- formulate a plan for future work with dads.

Ideal for

A range of workers in community organisations, social services, schools or businesses who need to cater for the needs of fathers.

About the presenter

Dominic Alford is the Project Coordinator of Support for Fathers at Relationships Australia Victoria and has been highlighting the role of men as fathers in the prevention of family violence. He has worked in the welfare sector for 12 years across child protection, family services, foster care, parent education and teaching. To learn more about the Support for Fathers project, visit www.supportforfathers.com.au

Online Workshop: Revolutionising Trauma Treatment: Workshop Series

Revolutionising Trauma Treatment: Workshop Series – Day 1	26/05/2022 8.30 – 12.30	Babette Rothschild
Revolutionising Trauma Treatment: Workshop Series – Day 2	27/05/2022 8.30 – 12.30	Babette Rothschild
Revolutionising Trauma Treatment: Workshop Series – Day 3	28/05/2022 8.30 – 12.30	Babette Rothschild

PTSD is an indicator that the body and mind have not, as yet, recognized that a traumatic incident is over. As a result, the body's autonomic nervous system responds by continuously mobilizing the for defensive flight/fight or protective freeze. In addition, PTSD is (in large part) a failure of mindful dual awareness, which leads to an inability to recognize the present as different from the past. This professional training will equip participants with neurophysical and psychophysical theory and principles and apply them to update the mind, brain, and nervous system to recognize when trauma is over – whether or not trauma memories are ever processed. Through a variety of activities, including lecture, discussion, exercises, practice, and video demonstrations, participants will gain knowledge and skills for treating traumatized clients of all ages and backgrounds. This professional training is consistent with and a beneficial adjunct to any method of psychotherapy or specialized trauma therapy (e.g. analytical, dynamic and somatic approaches, cognitive-behavioural, and EMDR).

Learning outcomes

By the end of this workshop, participants will be able to:

- provide options for trauma recovery and trauma resolution.
- predict and distinguish those clients who will benefit from processing trauma memories from those who will not
- gain specific skills for helping both groups
- discuss the structure of the body's nervous system
- develop ability to interpret and modulate the body's nervous system (sensory and autonomic) to regulate arousal levels in clients and for safer trauma therapy.
- also develop ability to interpret and modulate the body's nervous system (sensory and autonomic) to regulate arousal levels for professional self-care.
- differentiate two types of freeze states from two classes of hypo-aroused states.
- employ the sensory nervous system to mediate flashbacks and nightmare.

- discern a relaxed (muscular) state from a calm (nervous system) state.
- adapt mindfulness, yoga, and physical exercise to be accessible to clients with dysregulated nervous systems and PTSD.
- identify and acquire recovery options and strategies for trauma clients inappropriate for trauma memory processing, particularly for those who don't want to and those who decompensate or dysregulate from memory work.
- employ the sensory nervous system for instant stabilization during therapy sessions and in client daily lives.
- identify both obvious as well as previously unrecognized resources as antidotes to traumatic stress states.
- revive the (too-often) neglected application of therapeutic contracts and treatment planning.
- gain tools to enable trauma clients to make better (and safer) use of mindful practices such as meditation, MBSR, and yoga.

About the presenter

Babette Rothschild, MSW, has been a practitioner since 1976 and a teacher and trainer since 1992. She is the author of six books, (translated into more than a dozen languages including Danish, German, French, Spanish, and Japanese) all published by WW Norton. Revolutionizing Trauma Treatment (2017, 2021); her classic bestseller, The Body Remembers (2000); The Body Remembers CASEBOOK (2003); Help for the Helper (2005); 8 Keys to Safe Trauma Recovery (2010); and Trauma Essential (2010). She is the Series Editor of the WW Norton 8 Keys to Mental Health Series (12 titles and growing!). After living and working for 9 years in Copenhagen, Denmark she returned to her native Los Angeles. There she is writing her next books while she continues to lecture, train, and supervise professional psychotherapists worldwide. For more information, visit her website: www.trauma.cc

Online Workshop: Write Your Heart Out – 2-day workshop series

Write Your Heart Out – 2-day workshop series	29/07/2022 & 30/07/2022	8.30-12.30	Babette Rothschild & Deborah Malmud
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Have you thought about writing an article, a book or creating a blog to express your ideas? Many helping professionals have--whether it is to share their knowledge or own growth experiences, express their professional ideas, or enhance their professional standing. However, as you may have already found out, there's can be a big gap between thinking about writing and actually writing.

This 2-day workshop series is led by an editor-author team with decades of mental health publishing experience. It will provide the bridge that will help you to get from thinking to doing.

Learning outcomes

By the end of this workshop, participants will be able to:

- define your topic
- access a writer's mindset
- identify your audience
- and build your platform.
- In addition, Babette and Deborah will provide you with core writing strategies that will get you started and keep you going. They will also help you understand the value of "short form" writing (blogs, articles, Op Eds). You will leave the workshop with concrete steps for own writing project, whether it be a blog post, article, Op Ed, or a book.

Ideal for

Any professionals working in caring and clinical professions who have a book idea or one in development.

About the presenters

Babette Rothschild, MSW is already well known to NScience participants for her many books, and well-received workshops on trauma treatment and therapist self-care.

Deborah Malmud, PhD., a Vice President of W.W. Norton & Company, and Publishing Director of Norton Professional Books, has had been involved in all aspects of the publishing

world for over 30 years, bringing millions of volumes into the hands of professional and lay readers around the world.

They have been editor-writer partners for over 20 years and through multiple book projects, including Babette's own bestselling non-fiction titles as well as the acclaimed 8 Keys to Mental Health series (all published by W. W. Norton & Company, Inc.). As a team, Deborah and Babette are privy to and eager to share their insider tips and knowledge.

Online Workshop: Negotiation and Conflict Management in the Workplace

Negotiation and Conflict Management in the Workplace	02/06/2022	9.30 – 12.30	Astrid, John,
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Conflict occurs when there is a perceived difference between the interests of the parties concerned and a belief that both sets of interest cannot be met simultaneously. In the workplace, this can happen quite regularly as many people work in teams and need to complete tasks together. This workshop will discuss a number of practical strategies for managing conflict in different situations and provide participants with skills to implement these strategies. It will also provide some useful approaches to negotiation that assist parties to reach a mutually beneficial outcome.

Learning outcomes

- An understanding of conflict, and the indicators of conflict.
- An understanding of your own response to conflict
- Conflict management strategies and applications for different situations in the workplace
- Skills to implement a collaborative and solution focused approach to conflict management
- A structured conflict resolution and negotiation process to help achieve positive outcomes
- Self-care strategies and managing the emotional response of being involved in conflict.

Ideal for

The workshop is designed for anyone leading teams or managing staff in the workplace

About the Presenters

Astrid Horter is the Program Leader FDR and Mediation Training at Relationships Australia Victoria (RAV). She holds tertiary qualifications in law and psychology and is an experienced FDRP and child consultant. Astrid coordinates RAV's Graduate Diploma of FDR, Mediation Training Short Course, and delivers training for RAV and external organisations. Astrid has extensive experience working in community organisations as a clinical supervisor, trainer and manager.

John Ravesi is a highly experienced FDRP, mediator, counsellor and coach. He is currently a Trainer/Assessor within the FDR and Mediation Training Program at RAV and delivers a

variety of programs to external organisations. He has held multiple senior leadership, supervisory and clinical roles in a variety of community organisations.

Online Workshop: Negotiation and Conflict Management

Negotiation and Conflict Management	27/04/2022	9.30 – 12.30	John, Adrien
Negotiation and Conflict Management	07/09/2022	9.30– 12.30	John, Adrien

Conflict occurs when there is a perceived difference between the interests of the parties concerned and a belief that both sets of interest cannot be met simultaneously. This workshop will discuss a number of practical strategies for managing conflict in different situations and provide participants with skills to implement these strategies. It will also provide some useful approaches to negotiation that assist parties to reach a mutually beneficial outcome.

Learning outcomes

- An understanding of conflict, and the indicators of conflict.
- An understanding of your own response to conflict
- Conflict management strategies and how you might apply them to different situations
- Skills to implement a collaborative and solution focused approach to conflict management
- Self-care strategies and managing the emotional response of being involved in conflict

Ideal for

Community organisation workers, school staff, health professionals, and anyone who would like to learn more about resolving conflict constructively in different settings

About the presenters

John Ravesi is a highly experienced FDRP, mediator, counsellor and coach. He is currently a Trainer/Assessor within the FDR and Mediation Training Program at RAV and delivers a variety of programs to external organisations. He has held multiple senior leadership, supervisory and clinical roles in a variety of community organisations.

Adrien March is an FDRP with a broad base of skills and experience, including mediation practice, training and dispute resolution research. Her practice experience covers mediating using facilitative and transformative models in the FDR and National Mediation Accreditation (NMAS) schemes. Adrien's specialisations include working with rainbow families and high conflict disputes. Her training expertise includes course development and conducting FDR and NMAS training, coaching and evaluation for RAV and other organisations.

Online Workshop: Supporting Separated Families

Supporting Separated Families	05/05/2022	9.30 – 12.30	John
Supporting Separated Families	05/09/2022	9.30 – 12.30	Adrien

When parents separate, it can be a difficult time for them and their children. It is normal for separating families to experience a range of strong emotions and families often need to adjust to new living arrangements. In this workshop, you will learn about the separation process, how it impacts on parents and children and how you can assist parents, children and adolescents to manage this change within your work setting.

Learning outcomes

By the end of this workshop, participants will be able to:

- demonstrate knowledge of the separation process and the impact on families and children
- demonstrate knowledge of the family law system and family dispute resolution
- develop an ability to identify behaviours in children resulting from separation and strategies to manage these behaviours
- develop the ability in supporting parents to better manage their separation and support their children develop the ability to identify when families need more support.

Ideal for

Community organisation workers, school staff, health professionals, youth workers, child and family workers, and counsellors.

About the presenters

John Ravesi is a highly experienced FDRP, mediator, counsellor and coach. He is currently a Trainer/Assessor within the FDR and Mediation Training Program at RAV and delivers a variety of programs to external organisations. He has held multiple senior leadership, supervisory and clinical roles in a variety of community organisations.

Adrien March is an FDRP with a broad base of skills and experience, including mediation practice, training and dispute resolution research. Her practice experience covers mediating using facilitative and transformative models in the FDR and National Mediation Accreditation (NMAS) schemes. Adrien's specialisations include working with rainbow families and high conflict disputes. Her training expertise includes course development and conducting FDR and NMAS training, coaching and evaluation for RAV and other organisations.

Online Workshop: The Accidental Mediator

The Accidental Mediator (online training - 2 x 3 hours over two weeks)	09/02/2022 & 23/02/2022	9.30 – 12.30	Astrid, John, Adrien
The Accidental Mediator (online training – 2 x 3 hours over two weeks)	17/08/2022 & 31/08/2022	9.30 – 12.30	Astrid, John, Adrien

There are many situations where you might find yourself in the middle of a conflict and want or need to intervene to support the parties to come a more collaborative, solution focussed space. In this training you will learn about mediation principles, conflict resolution skills and strategies you can apply in a variety of settings where conducting a formal mediation process is not possible, but a structured and skilful intervention will be helpful.

Learning Outcomes

- An understanding of conflict and different conflict resolution approaches, including mediation
- An understanding of own response to conflict and how to manage it
- A structured conflict resolution and negotiation process to help achieve positive outcomes that can be applied in a range of different settings
- Strategies and micro skills to implement a collaborative and solution focused approach to conflict management
- Self-care strategies/ managing the emotional response of being involved in conflict.

Ideal for

Community organisation practitioners and team leaders, school staff, health professionals, youth workers, child and family workers, and counsellors, and anyone wanting to find out more about mediation

About the presenter

Astrid Horter is the Program Leader FDR and Mediation Training at Relationships Australia Victoria (RAV). She holds tertiary qualifications in law and psychology and is an experienced FDRP and child consultant. Astrid coordinates RAV's Graduate Diploma of FDR, Mediation Training Short Course, and delivers training for RAV and external organisations. Astrid has extensive experience working in organisations as a clinical supervisor, trainer and manager.

John Ravesi is a highly experienced FDRP, mediator, counsellor and coach. He is currently a Trainer/Assessor within the FDR and Mediation Training Program at RAV and delivers a variety of programs to external organisations. He has held multiple senior leadership, supervisory and clinical roles in a variety of community organisations.

Adrien March is an FDRP with a broad base of skills and experience, including mediation practice, training and dispute resolution research. Her practice experience covers mediating using facilitative and transformative models in the FDR and National Mediation Accreditation (NMAS) schemes. Adrien's specialisations include working with rainbow families and high conflict disputes. Her training expertise includes course development and conducting FDR and NMAS training, coaching and evaluation for RAV and other organisations.

Online Workshop: Advanced Property Training

Advanced Property Training	08/09/2022	9.30 – 12.30	Wendy, Astrid
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Advance your specialist family dispute resolution (FDR) knowledge and skills for working with couples around property and financial matters within a family law context.

This advanced online workshop is suitable for accredited Family Dispute Resolution Practitioners (FDRPs) with experience in property matters. The workshop is designed to teach you the specialised skills to work with property and financial matters within a family law environment and facilitate dispute resolution in this context. The interactive training includes a variety of learning methodologies including knowledge input, discussions and case scenarios.

Relationships Australia Victoria (RAV) holds specialised expertise in the field of FDR in property and financial matters, with over 30 years' experience supporting families and 20 years' experience providing professional training in this area.

Learning outcomes

By the end of this workshop, participants will be able to:

- demonstrate an understanding of how to work as an FDRP with complex property and financial matters
- articulate knowledge of complex property and financial matters in FDR practice
- apply skills for working with complex property and financial matters in FDR.

Ideal for

Family Dispute Resolution Practitioners with experience in property matters.

Please note: this session assumes a level of knowledge and experience and is not suitable for practitioners with little to no experience in property FDR.

About the presenters

Ms Wendy Gaddie holds tertiary qualifications in Law and Psychology and is a Nationally Accredited Mediator and FDRP. She has over a decade of experience as an FDRP, predominantly in the not-for-profit sector, and more recently in her own private practice, through which she consults with Relationships Australia Victoria as a trainer and coach. Wendy will be supported by Ms Astrid Horter, who is the Program Leader FDR and Mediation Training at RAV. She holds tertiary qualifications in law and psychology and is

an experienced FDRP and child consultant. Astrid coordinates RAV's Graduate Diploma of FDR, Mediation Training Short Course, and delivers training for RAV and external organisations. Astrid has extensive experience working in community organisations as a clinical supervisor, trainer and manager.

Astrid Horter is the Program Leader FDR and Mediation Training at Relationships Australia Victoria (RAV). She holds tertiary qualifications in law and psychology and is an experienced FDRP and child consultant. Astrid coordinates RAV's Graduate Diploma of FDR, Mediation Training Short Course, and delivers training for RAV and external organisations. Astrid has extensive experience working in community organisations as a clinical supervisor, trainer and manager.

Online Workshop: Mediating with Rainbow Families

Mediating with Rainbow Families	July 2022 (TBA)	9.30 – 12.30	Natasha, Adrien
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Grow your skill and confidence working with Rainbow Families in this interactive workshop. Participants will learn about reflective practice skills and increase their capacity for inclusive mediation.

Learning outcomes

- Knowledge of the kind of reflective practice required to work with Rainbow Families
- Awareness of family structures and family formation
- Increase confidence with appropriate pronoun use
- Knowledge of LGBTIQA+ specific family law
- Skills and strategies for creating a safe and welcoming environment for Rainbow Families

Ideal for

FDRPs, counsellors, family therapists, parent-adolescent mediators.

About the presenters

Natasha Belmont is a FDRP, mediator, restorative engagement facilitator, trainer and clinical psychologist in training. She holds tertiary qualifications in law and psychology. Natasha has worked for Relationships Australia Victoria in a variety of roles, including leading the FDR and Mediation Training programs and for Women's Legal Service as an Education and Engagement Coordinator. She is also involved with various government departments at the State and Federal levels for dispute resolution processes and works in private practice.

Adrien March is an FDRP with a broad base of skills and experience, including mediation practice, training and dispute resolution research. Her practice experience covers mediating using facilitative and transformative models in the FDR and National Mediation Accreditation (NMAS) schemes. Adrien's specialisations include working with rainbow families and high conflict disputes. Her training expertise includes course development and conducting FDR and NMAS training, coaching and evaluation for RAV and other organisations.

Online Workshop: Transition into Leadership

Transition into Leadership	03/03/2022	9.30 – 12.30	Astrid
Transition into Leadership	15/08/2022	9.30 – 12.30	Astrid

Stepping into a leadership role and inspiring others can be a most rewarding career move. In this online workshop focus on building effective leadership skills, transitioning well into the leadership space and managing challenges inherent in the role. We will take a 360° view on leadership – yourself, your manager, your organisation and your team.

Learning outcomes

By the end of this workshop, participants will be able to:

- undertake an effective transition into inspirational people leadership
- articulate the difference between leading and managing – why you need to do both, and when
- apply skills in order to manage competing priorities
- apply skills in order to master the art of “managing up”
- apply knowledge to strategically work within systems.

Ideal for

This session is designed for relatively new and emerging leaders working in the community services sector.

About the presenter

Astrid Horter is the Program Leader FDR and Mediation Training at RAV. She holds tertiary qualifications in law and psychology and is an experienced FDRP and child consultant.

Astrid coordinates RAV’s Graduate Diploma of FDR, Mediation Training Short Course, and delivers training for RAV and external organisations. Astrid has extensive experience working in community organisations as a clinical supervisor, trainer and manager.

Online Workshop: Working with Correctional Cohort - Applying a Strengths Based Approach

Working with Correctional Cohort - Applying a Strengths Based Approach	24/03/2022	9.30 -12.30	Sam & Luke
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Working with individuals that are complex who have engaged with corrections require a strengths-based approach in order to build resilience to successfully integrate and feel supported to move forward. One of the first steps of applying a strengths-based approach is challenging our own perceptions and ideas and acknowledge capacity for change. This workshop looks at how to apply a strengths-based approach and how to when working with a Correctional cohort positively through examining evidenced based practice strategies.

Learning outcomes

- How personal perceptions can impact working with a Correctional cohort
- Strategies for applying strengths-based practice with a Correctional cohort
- Creating capacity for change through resilience-building strategies
- The role of psycho-educational programs and strengths-based models
- Challenges of working with a complex cohort and understanding how strengths-based practice can build motivation and engagement
- How to separate empathy from collusion when working with a Correctional cohort

Ideal for

Professionals working with a correctional cohort and/or supporting families.

About the presenters

Samantha Winnick, Taylor Morris and Luke McCord deliver the LINCS program. It is an educational workshop specifically designed for offenders who are subject to a Community Correction Order and is funded through Corrections Victoria. LINCS workshops are designed to improve participants' capabilities and strengths, using skills-based activities that also identify strategies and supports relevant to each module. The activities also highlight the importance of the participants' internal and external capacity in terms of their social supports, employment opportunities and access to education.

Online Workshop: Working with a Correctional Cohort - Applying Trauma Informed Practice and Managing Challenging Behaviours

Working with a Correctional Cohort - Applying Trauma Informed Practice and Managing Challenging Behaviours	20/05/2022	9.30-12.30	Sam & Luke
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RAV'S's Offender services Team present on the importance of applying Trauma informed practice when working with a vulnerable cohort and why this so integral to understand particularly when challenges arise in individual's behaviour. Understanding where someone has come from or what have they experienced that may have influenced their attitudes, behaviours and what they have done. Trauma informed practice allows for an engagement of trust, openness and respect and assists with managing challenges.

Learning outcomes:

- What is Trauma Informed Practice?
- What does Integrating Trauma Informed Practice look like
- What are supporting theories that indicate this approach works
- The role of building Engagement, vulnerability and Trust
- How can this assist with offenders and their rehabilitation and reintegration needs.

Ideal for

Professionals working with a correctional cohort and/or supporting families.

About the presenters

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Online Workshop: Working with a Correctional Cohort - Addressing Barriers to Family Connection

Working with a Correctional Cohort - Addressing Barriers to Family Connection	22/07/2022	9.30-12.30	Sam & Luke
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This workshop is designed to address the importance of Family Connection and the importance of understanding the different roles of individuals in a person's life and the importance of visits and understanding the emotions experienced and how to address them. Often there is a lot of grief and loss, judgment, perceptions and biases when it comes to offenders and family connection. This workshop will cover key topics and the importance of each family members role. As an individual's connectedness to their family support system is key to reintegration and operating as a deterrent

Learning outcomes

- Addressing perceptions of Family and Offenders
- Supporting visits and why this is integral
- Who is their Family – where will they go?
- The importance of parents to be able to parent from the Inside
- A wholistic approach and the importance of children seeing their parents
- Strategies to assist in preparing before and after visits.
- Preparing for family coming home and understanding the need for strategies.
- How Family assists with addressing criminogenic risk.
- What resources and supports are available.

Ideal for

Professionals working with a correctional cohort and/or supporting families.

About the presenters

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RAV Webinar Program - 2022

Date/Time	Webinar Title	Presenter/s
Thursday 27 th January 3.00pm – 4.30pm	Reintegrating Children Back to School	Dr Jo Lukins
Thursday 10 th February, 3.00pm – 4.30pm	In Conversation with Rosie Batty AO – Raising awareness and action concerning family violence	Rosie Batty
Thursday 24 th February, 3.00pm – 4.30pm	A Panel Discussion. What do the new and emerging family law reforms mean for FDR Practice?'	Andrew Bickerdale, Sue Hamilton Green, Greg Rooney. Host/Facilitator: Astrid Horter
Wednesday 16 th March 3.00pm – 4.30pm	Vicarious Trauma for the Legal Profession	Lilia Szarski
Thursday 7 th April 3.00pm – 4.30pm	Responding to Sudden Disclosures – When Your Clients Say They Are No Ok	Jacinta Hawgood
Thursday 19 th May 3.00pm – 4.30pm	Working with the Impacts of Trauma and Loss	Rob Gordon
Thursday 16 th June 5.00pm – 6.30pm	Managing Challenges when Transitioning back to the Workplace	Bill Mitchell
Wednesday 13 th July 3.00pm – 4.30pm	Online Counselling - Issues and Considerations	Jeff Roberts
Monday 15 th August 3.00pm – 4.30pm	Parental Bereavement Experience of Children Loss: An International Qualitative Systematic Review	Dr Andy Ho
Wednesday 7 th September 3.00pm – 4.30pm	Assessment Considerations for DFV Perpetrators with Cognitive Impairment/Developmental Disability	Dr Yvonne Maxwell
Wednesday 14 th September 3.00pm – 4.30pm	Treatment considerations for DFV Perpetrators with Cognitive Impairment/Developmental Disability	Dr Yvonne Maxwell
Wednesday 19 th October 3.00pm – 5pm	FDR Panel Discussion – The Changing Face of FDR	Wendy Gaddie, Adrien March and John Ravesi. Host/Facilitator: Astrid Horter
Thursday 24 th November 3.00pm – 4.30pm	Working with Offenders and Leading Groups	Samantha Winnick and Luke McCord