

WORKSHOP 2: TRANSFORMATIVE TOOLS

TRANSFORMATIVE TOOLS WORKSHOP DETAILS	
COURSE OVERVIEW	How do we rebuild shattered lives, sustain change and heal minds? What are some tools we can use? In this workshop we explore the transformative tools of listening, thinking, feeling, talking, and sharing stories and dreams, together. There are more tools in our tool box which can be helpful!
LEARNING OUTCOMES	This workshop will help tool up participants to develop a deeper understanding of how to transform and heal emotional states of turbulence and trauma.
RECOMMENDED AUDIENCE	<ul style="list-style-type: none"> • communities in conflict or crisis • 'at risk' groups of men, women, or youth • mental health workers and organisations working with people who are 'at risk'
FACILITATORS	<p>Pamela Nathan Clinical and Forensic Psychologist and Psychoanalytic Psychotherapist with over 30 years of experience in Central Australia.</p>
WHAT IS PSYCHOLOGICALLY (ANALYTIC) INFORMED TRAINING?	All CASSE's workshops are based in clinical psychology and include psychoanalytic paradigms. Psychoanalysis can be very practical. It is a body of knowledge and method of therapy which helps to deepen understanding and change one's mind and heart. In these workshops, we bring a mindful analytic perspective, and apply it and use it in organisational and community settings. In this space, CASSE encourages interactive workshops which work with your stories and experiences.
NO. OF PARTICIPANTS	10-50
COURSE FEE	<p>Cost is \$250 (+GST) per person</p> <p>CASSE can deliver in-house workshops within your organisation (minimum 10 people) Please contact us for more information.</p>
WORKSHOP DATES	<p>MELBOURNE: Thursday 16 May 2019, 1-5pm Registration: https://www.trybooking.com/BBTZX</p> <p>ALICE SPRINGS: Thursday 30 May 2019, 1-5pm Registration: https://www.trybooking.com/BBUBX</p>

TRAINING WORKSHOPS SUMMARY

Workshop	Audience	Type of workshop	Facilitator	
EDUCATIONAL WORKSHOPS: PSYCHOLOGICALLY-INFORMED WORKSHOPS ON MENTAL HEALTH ISSUES				
1	WORKING THROUGH TRAUMA Understanding trauma and building a tool kit to heal traumatic experiences.	Mental Health workers and people and communities 'at risk' or in conflict or crisis	Psychologically-informed	Pamela Nathan
2	TRANSFORMATIVE TOOLS A practical psychoanalytic tool box.	Mental Health workers and people and communities 'at risk' or in conflict or crisis	Psychologically-informed	Pamela Nathan
3	MENTALISING VIOLENCE Using the psychoanalytic tool of mentalisation to break the cycle of violence. We also offer this workshop with more focus on cultural violence.	Mental Health workers and communities at risk	Psychologically-informed & can be culturally informed	Pamela Nathan
4	SAVING LIVES - SUICIDE PREVENTION Using the psychoanalytic tool of mentalisation to understand suicide.	Mental Health workers	Psychologically-informed	Pamela Nathan
APPLIED WORKSHOPS: CULTURALLY-INFORMED WORKSHOPS APPLIED TO AT-RISK ABORIGINAL COMMUNITIES				
5	MEN'S TJILIRRA TOOLS Reviving an ancient cultural practice to restore mental health.	Members of at-risk Aboriginal communities Mental Health workers	Culturally-informed Psychologically-informed	Jamie Millier Tjupurrula Ken Lechleitner Pamela Nathan
6	TRANSGENERATIONAL TRAUMA Understanding historical trauma in the present – opening up the hard conversations about trauma, both historical and present, in Aboriginal communities using film.	Members of at-risk Aboriginal communities Mental Health workers	Culturally-informed Psychologically-informed	Pamela Nathan Jamie Millier Tjupurrula Ken Lechleitner