

# PRE-CONFERENCE WORKSHOP PROGRAM

Monday 24 October 2016

12TH BIENNIAL  
ASIA PACIFIC  
INTERNATIONAL  
MENTAL HEALTH  
CONFERENCE

## 12TH BIENNIAL ASIA PACIFIC INTERNATIONAL MENTAL HEALTH CONFERENCE

### WORKSHOP 1

#### Emotional CPR: Implement Recovery Principles in the System and Community

The workshop facilitators will demonstrate Emotional CPR (eCPR) through practice scenarios: how not to assist then how to be with someone in need. eCPR is a program developed by Dr Fisher designed to teach people to assist others through an emotional crisis by three simple steps: C = Connecting, P = emPowering, and R = Revitalizing. People who have been through the training consistently report that the skills they learned have helped them communicate better in all their relationships.

This workshop explores the concepts of eCPR through MeCPR, demonstration and group practice. MeCPR or Beingfulness: Being a human being, being human, idea of being as opposed to doing, means persons need to be in a manner in which they are comfortable being themselves and being open in the present moment, then connecting is natural not imposed.

**FACILITATOR: Dr Daniel B. Fisher (USA)**

Community Psychiatrist; CEO National Empowerment Center; Department of Psychiatry U.Mass.

**CO-FACILITATORS:** Sharon Stocker, Vinay Nair and Jenny Speed

### WORKSHOP 2

#### Enacting a New Discourse

An experiential workshop exploring leadership values and behaviours that shape mental health care delivery. Leadership behaviour is the tip of the iceberg, it is what we see and often what we try to develop or modify. However the needs, values and mindsets that drive such behaviour are often invisible and thus are not addressed. This is true of both clinical leaders as well as patient leaders. The workshop has been designed as a safe space to reflect on one's personal leadership style and preference. Experiential learning will be the methodology used to explore the subtleties of language, how we motivate teams, how data is interpreted and care gets designed and delivered. The workshop identifies the challenges of shifting the power imbalances that exist between patients and professionals. The PROMISE change paradigm provides a framework for leadership to lean on while navigating through these challenges.

**FACILITATOR: Dr Manaan Kar Ray (UK)**

Clinical Director Adult Services Cambridgeshire and Peterborough NHS; Consultant Psychiatrist, Fulbourn Hospital, Cambridge; Joint Lead PROMISE.

### WORKSHOP 3

#### The STARS Protocol: Understanding key principles and applications

The purpose of the workshop is to present the STARS (Screening Tool for Assessing Risk of Suicide) protocol and its key principles, underpinning assumptions and application. STARS was developed in recognition of the centrality of psychache and contextual experiences associated with the suicidal status, and in recognition of the changing state of suicidality over time. The protocol is not a psychiatric or mental health examination based on medical model approaches to suicide risk assessment. Rather STARS is based on a client-oriented approach to uncovering suicidality which necessitates a respectful and compassionate approach to care of the suicidal client.

**FACILITATOR: Jacinta Hawgood (AUS)**

Senior Lecturer, Australian Institute for Suicide Research and Prevention, Griffith University

Note: Workshops include morning and afternoon tea | Workshop sessions are repeated in the afternoon | Please choose a different workshop for each session.

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### REGISTRATION

Full day Conference Workshop - Standard \$330  
Full day Conference Workshop - Concession \$280

### TO REGISTER VISIT

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