

Advanced R@W Accreditation: Psychological Health, Stress and Trauma

Recent events have seen a spike in stress and increased rates of depression and anxiety in our work communities. At the same time, we are yet to see the full impact of the multiple levels of trauma people have experienced. Many of us have had, and are continuing to experience, grief and loss at some level.

As we return to workplaces, leaders may need to manage multiple people with varying levels of psychological wellbeing who are simultaneously adjusting to changed working arrangements and continued uncertainty.

Working within the area of resilience and debriefing R@W Scale reports increases the likelihood of you finding yourself working with clients in situations where conversations arise around mental health and mental illness.

You may want to enhance your ability to recognise mental health and trauma issues and support your clients as best you can. The leaders you work with may also need advice on how to manage psychological health within their teams.

To meet this emerging need we are offering advanced accreditation training for our existing R@W Community.

Program Overview

The topics we will explore include:

- » Why focus on workplace mental health and trauma?
Trends and statistics
- » How to identify signs of mental health issues during R@W debriefs
- » Working with a 'trauma informed' approach
- » Asking the right questions around the R@W components: What to say and how
- » Understanding your professional boundaries: Referring to clinicians
- » Coaching in parallel with clinical treatment
- » Mental health issues and trauma in the workplace:
Areas to consider when working with teams.

The sessions will be highly interactive and practical and include detailed reviews of de-identified R@W Individual reports of clients who were experiencing work-related stress, mental health challenges and trauma. Training will highlight the trends to notice in reports and appropriate questioning and coaching.

Format

The program will be held virtually over 2 x 2-hour sessions plus in-pairs practice using a de-identified case study between sessions.

Resources include:

- » Digital Workbook
- » Slide deck for unpacking with a (R@W) individual client (inc. questioning through a stress/trauma lens)
- » Checklist for referral to a clinician

Facilitator

Design and Lead: Angela Powell: WWR Master Trainer – Trauma

Since accrediting in the R@W Toolkit 5 years ago, Angela has successfully integrated the R@W Scale into both her consulting and counselling work. In her clinical practice she uses the R@W Individual Scale assessments as part of therapeutic treatment for employees who have experienced work-related stress and trauma. This integration has substantially improved client outcomes. Angela describes her practice as “going from good – to great with clients thriving” as they achieve their goals utilising the R@W tool.

Angela brings over 26 years of clinical experience and expertise in trauma, compassion fatigue management, resilience based clinical supervision and coaching and workplace well-being. Angela is an Accredited Mental Health Social Worker, Medicare & Return to Work Provider, Trauma Therapist, Green Cross Academy Certified Compassion Fatigue Therapist & Educator and ICF Accredited Coach. She is also an active member of the Editorial Board for the international Journal of Aggression, Maltreatment & Trauma.

Co-Facilitators

Kathryn McEwen (WWR Lead) and Kristen Raison (WWR L&D Lead) will co-facilitate both sessions.

Fees

\$390 plus GST (2 X 2 hour workshops including resources listed above.)

