Parkville Youth Mental Health and Wellbeing Service

We're here for youth.

PYMHWS Clinical Training Program Calendar 2026

Established on 1 July 2025, PYMHWS is Victoria's first dedicated public mental health service for young people aged 12–25. We are committed to developing a skilled, compassionate youth mental health workforce that is equipped to meet the unique developmental, clinical and cultural needs of young people andtheir families, carers, supporters and kin.

Through a strong partnership with Orygen, we ensure that research, evidence and best-practice strengthen our system and our work.

PYMHWS Clinical Training Program

Funded by the Victorian Department of Health, the PYMHWS Clinical Training Program offers affordable, high-quality training and service development support for mental health practitioners across Victoria's youth mental health sector, including area mental health services.

We provide:

- A calendar of workshops integrating the latest research and best-practice approaches
- Team and service-based learning opportunities
- Training delivered by senior clinicians and clinical educators with extensive experience in tertiary and youth-focused mental health care

ymhtraining@pymhws.org.au

Parkville Youth Mental Health and Wellbeing Service

Capability Framework

PYMHWS Clinical Training Program is aligned with The Victorian Mental Health and Wellbeing Workforce Capability Framework.

Registration Details

Find out more and register online via:

- PYMHWS
- The Victorian Collaborative Centre (VCC)

Key Information

Fees

This training is offered at low cost to Victorian public mental health clinicians at $80 per day. Others will be charged $270 per day of training.

Cancellation policy

Refunds available for cancellations made at least seven days prior to a workshop. Full fee will be charged if cancellations are made less than seven days.

Attendance Certificates

Issued upon completion of the workshop and evaluation forms.

Participant Guidelines

Please review our Rights and Responsibilities (emailed on registration or by request). Note our workshops are experiential and may include role plays, group discussions etc. We also expect participants to have their cameras on during activities in our online workshops. Please contact us prior if you have any concerns.

Accessibility

Contact us at (03) 9966 9100
or ymhtraining@pymhws.org.au
to discuss. A physical access key for Parkville site available on request.

Times

Workshops run 9:30 AM–4:30 PM
please arrive or log in by 9:15 AM.

Catering

All fee paying participants will be provided with a light lunch, tea, and coffee. Dietary needs accommodated if advised at registration. There is also a café onsite.

Delivery Modes

Online

Conducted via Zoom; link and instructions sent one week prior. We will support with any technology issues where possible. Participants are expected to keep cameras on for active engagement. If you have any concerns regarding this, please contact us.

In-Person

Delivered at

PYMHWS Parkville, 35 Poplar Road, Parkville VIC 3052 (Orygen Innovation Centre).

Accessible via:

- Train: Upfield Line (Royal Park Station)
- Tram: Route 58 (Stop 27)
- Parking available onsite (fees apply)

Workshop			#
Essentials Of Youth Mental Health	Monday 9 & Tuesday 10 February 2026	In person	4
Autistic Young People With Co-Occurring Mental Health Difficulties: Understanding And Adapting Practice	Monday 23 & Tuesday 24 February 2026	In person	4
	Wednesday 19 & Thursday 20 August 2026	In person	
	Tuesday 17 & Wednesday 18 November 2026	Online	
Group Work In Youth Mental Health: Facilitating With Purpose	Wednesday 25 February 2026	In person	5
Relational Formulation: A Team-Based Approach To Understanding Complexity In Youth Mental Health	Thursday 19 & Friday 20 March 2026	Online	5
	Wednesday 24 & Thursday 25 June 2026	In person	
	Wednesday 2 & Thursday 3 December 2026	In person	
CBT Skills For Youth Mental Health: An Introduction	Monday 23 & Monday 30 March, 2026.	In person	6
	Monday 7 & Monday 14 September, 2026	In person	
Substance Use And Youth Mental Health: Working With Reality	Wednesday 22 April 2026	In person	6
	Thursday 22 October 2026	In person	
Young People Who Use Violence, Aggression Or Who Are Justice-Involved: Understanding And Responding Helpfully	Tuesday 5 May 2026	In person	7
	Wednesday 11 November 2026	In person	
Suicide And Self Harm Risk In Young People: Understanding And Adapting Our Practice	Wednesday 6 & Thursday 7 May, 2026	In person	7
	Wednesday 5 & Thursday 6 August 2026	In person	
	Monday 9 & Monday 16 November 2026	Online	
Early Intervention For Personality Disorder	Thursday 30 April and Friday 1 May 2026	Online	8
	Wednesday 16 & Thursday 17 September 2026	In person	
CBT For Psychosis With Young People	Monday 27 April & Monday 4 May 2026	In person	8
	Monday 12 October & Monday 19 October 2026	In person	
Cognitive Difficulties In Young People With Co-occurring Mental Health Difficulties: Recognising And Adapting Our Practice	Tuesday 2 June 2026	In person	9
Speech, Language And Communication Needs In Young People With Co-Occurring Mental Health Difficulties: Recognising And Adapting Practice	Tuesday 16 June 2026	In person	9
Bipolar In Young People: An Introduction To Psychological Interventions	Monday 20 July 2026	In person	10
Young People From Refugee And Asylum Seeker Backgrounds: Engaging In Mental Health Settings	Thursday 13 August 2026	In person	10
ADHD In Young People With Co-Occurring Mental Health Difficulties: Understanding And Adapting Practice	Wednesday 9 & Thursday 10 September 2026	In person	11
Engaging Families In Youth Mental Health: A Lived Experience Lens	Thursday 17 September 2026	In person	11

Essentials Of Youth Mental Health

Date	Monday 9 & Tuesday 10 February 2026	**Location**	In person (PYMHWS Parkville)
Audience	Mental health practitioners and lived experience workforces early in their careers or new to youth mental health, particularly in area mental health services.		

Overview

This evidence-based, experiential workshop (e.g., role plays) provides an overview of early intervention principles and core components in youth mental health care. Young people often present with complex and severe difficulties, requiring practitioners to engage them and their families sensitively, holistically, and collaboratively. The training focuses on strategies to deliver safe, inclusive care that supports recovery and functional outcomes.

Learning Outcomes

By the end of the workshop you will be able to:

- Explain the rationale and components of early intervention in youth mental health.
- Provide sensitive, safe, and holistic care, including physical and sexual health.
- Engage family and support systems effectively
- Develop collaborative, formulation-based treatment plans.
- Describe functional recovery domains and strategies to support them.

Victorian Workforce Capabilities:

- Holistic and collaborative assessment and care planning (9)
- Compassionate care, support, and treatment (10)
- Promoting prevention, early intervention, and help-seeking (11)

Autistic Young People With Co-Occurring Mental Health Difficulties: Understanding And Adapting Practice

Date	Monday 23 & Tuesday 24 February 2026	**Location**	In person (PYMHWS Parkville)
Date	Wednesday 19 & Thursday 20 August 2026	**Location**	In person (PYMHWS Parkville)
Date	Tuesday 17 & Wednesday 18 November 2026	**Location**	Online
Audience	Mental health practitioners seeking an introduction to working with Autistic young people experiencing mental health difficulties.		

Overview

Autistic young people experience mental health difficulties at a higher rate than the general population. This evidence-based, experiential workshop (e.g., role plays) explores features of autism spectrum disorder in young people, identification pathways, and common co-occurring mental health conditions. Participants will learn engagement strategies, risk considerations, and therapeutic adaptations to support Autistic young people and their families.

Learning Outcomes

By the end of the workshop you will be able to:

- Identify autism features, including gender differences, and understand screening and assessment pathways.
- Recognise interpersonal and social difficulties common in Autistic youth.
- Formulate links between autism and mental health vulnerabilities, including suicide risk factors.
- Adapt engagement, formulation, and treatment planning to be autism-friendly.

Victorian Workforce Capabilities:

- Working with diverse consumers, families, and communities (3)
- Holistic and collaborative assessment and care planning (9)
- Compassionate care, support, and treatment (10)

Group Work In Youth Mental Health: Facilitating With Purpose

Date	Wednesday 25 February 2026	**Location**	In person (PYMHWS Parkville)
Audience	Mental health practitioners, welfare workers, youth workers, and lived experience workforces who facilitate or plan to facilitate groups for young people.		

Overview

This evidence-based, experiential workshop (e.g., role plays) equips participants with practical skills and frameworks to design, deliver, and evaluate therapeutic and psychosocial groups. Through discussion, reflection, and real-world scenarios, participants will learn to create purposeful group spaces, manage dynamics, and address common challenges.

Learning Outcomes

By the end of the workshop you will be able to:

- Apply evidence-based frameworks to plan and facilitate purposeful group interventions.
- Understand group dynamics and foster safety.
- Strengthen reflective practice and confidence as a facilitator by integrating experiential learning and self awareness.

Victorian Workforce Capabilities:

- Enabling reflective and supportive ways of working (13)

Relational Formulation: A Team-Based Approach To Understanding Complexity In Youth Mental Health

Date	Thursday 19 & Friday 20 March 2026	**Location**	Online
Date	Wednesday 24 & Thursday 25 June 2026	**Location**	In person (PYMHWS Parkville)
Date	Wednesday 2 & Thursday 3 December 2026	**Location**	In person (PYMHWS Parkville)
Audience	Mental health practitioners and lived experience workforces, particularly those working in team-based settings.		

Overview

Supporting young people with severe and complex mental health difficulties – such as personality disorders and eating disorders – can present significant challenges for clinicians and multidisciplinary teams. These challenges can lead to feelings of being "stuck" and reinforce unhelpful patterns. This evidence-based, experiential (e.g., role plays) workshop introduces a relational model to help teams reflect, formulate, and respond more effectively, promoting collaborative and constructive care.

Learning Outcomes

By the end of the workshop you will be able to:

- Outline and apply a relational model in team discussions.
- Describe core relational concepts and their impact on clinician responses.
- Identify helpful and unhelpful responses in challenging situations.
- Use a structured template to map relational patterns.

Victorian Workforce Capabilities Addressed:

- Enabling reflective and supportive ways of working (13)
- Delivering compassionate care, support, and treatment (10)

CBT Skills For Youth Mental Health: An Introduction

Date	Monday 23 & Monday 30 March 2026	**Location**	In person (PYMHWS Parkville)
Date	Monday 7 & Monday 14 September 2026	**Location**	In person (PYMHWS Parkville)
Audience	Mental health practitioners seeking an introduction to CBT principles and CBT-informed skills when working with young people.		

Overview

This evidence-based, experiential workshop (e.g., role plays) introduces the application of Cognitive Behavioural Therapy (CBT) informed skills in youth mental health practice. CBT is an evidence-based approach effective across a range of conditions affecting young people. The training focuses on using CBT principles and interventions to support young people experiencing anxiety and depression, with practical strategies to address distress, unhelpful thinking and behavioural patterns.

Learning Outcomes

By the end of the workshop you will be able to:

- Explain Mooney & Padesky's (1990) CBT model integrating biology, thought, mood, and behaviour.
- Identify common unhelpful thinking patterns in young people with anxiety and depression.
- Develop a CBT-informed formulation that is linked to target problematic patterns.
- Apply skills-based interventions to reduce distress associated with unhelpful thinking.

Victorian Workforce Capabilities Addressed:

- Delivering compassionate care, support, and treatment (10)

Substance Use And Youth Mental Health: Working With Reality

Date	Wednesday 22 April 2026	**Location**	In person (PYMHWS Parkville)
Date	Thursday 22 October 2026	**Location**	In person (PYMHWS Parkville)
Audience	Mental health practitioners and lived experience workforces supporting young people with co-occurring mental health and substance use difficulties.		

Overview

This evidence-based, experiential workshop (e.g., role plays) builds knowledge and practical skills for addressing substance use within youth mental health practice. Participants will learn how to assess substance use, understand its impact on mental health, and integrate evidence-based interventions into care. The training also explores strategies to reduce stigma and improve engagement through clinical case examples.

Learning Outcomes

By the end of the workshop you will be able to:

- Explain the impact of substance use disorders on mental health.
- Conduct comprehensive substance use assessments.
- Describe the effects of different substances on young people's mental health.
- Apply effective interventions for harmful substance use.

Victorian Workforce Capabilities Addressed:

- Understanding and responding to substance use and addiction (6)
- Delivering holistic and collaborative assessment and care planning (9)

Young People Who Use Violence, Aggression Or Who Are Justice-Involved: Understanding And Responding Helpfully

Date	Tuesday 5 May 2026	**Location**	In person (PYMHWS Parkville)
Date	Wednesday 11 November 2026	**Location**	In person (PYMHWS Parkville)
Audience	Mental health practitioners and lived experience workforces supporting young people with justice involvement and complex behavioural presentations.		

Overview

Young people in the justice system experience high rates of mental health difficulties and neurodiversity. Mental health clinicians increasingly encounter young people who use violence or display other challenging behaviours. This evidence-based, experiential workshop (e.g., role plays) provides an overview of the Victorian Youth Justice system, explores the drivers of problem behaviours, and examines their connection to mental ill-health. Participants will learn strategies for screening forensic risk, formulating behaviours, and planning effective interventions.

Learning Outcomes

By the end of this workshop you will be able to:

- Explain the Victorian Youth Justice system and common experiences of young people within it.
- Describe the Victorian court system and key legislation relevant to youth justice.
- Identify reasons why young people may engage in violent behaviour.
- Screen for forensic risk and formulate problem behaviours to inform treatment planning.

Victorian Workforce Capabilities Addressed:

- Working with diverse consumers, families, and communities (3)
- Supporting system navigation, partnerships, and collaborative care (12)
- Delivering compassionate care, support, and treatment (10)

Suicide And Self Harm Risk In Young People: Understanding And Adapting Our Practice

Date	Wednesday 6 & Thursday 7 May 2026	**Location**	In person (PYMHWS Parkville)
Date	Wednesday 5 & Thursday 6 August 2026	**Location**	In person (PYMHWS Parkville)
Date	Monday 9 & Monday 16 November 2026	**Location**	Online
Audience	Mental health practitioners working with young people in area mental health and wellbeing services and in team based settings.		

Overview

This evidence-based, experiential workshop (e.g., role plays) addresses contemporary approaches to assessing and responding to suicide and self-harm risk in young people with complex presentations. Participants will learn practical techniques using models such as the CASE approach and SafeSide Pisani risk formulation, emphasizing prevention over prediction.

Learning Outcomes

By the end of the workshop you will be able to:

- Understand and apply the SafeSide Pisani risk formulation framework.
- Understand the strengths and limitations of risk assessment frameworks.
- Apply CASE approach skills to explore suicidal intent.
- Document and communicate risk formulations and safety plans effectively.
- Implement prevention-focused strategies in challenging presentations.

Victorian Workforce Capabilities:

- Understanding and responding to mental health crisis and suicide (5)
- Working effectively with families, carers, and supporters (8)

Early Intervention For Personality Disorder

Date	Thursday 30 April & Friday 1 May 2026	**Location**	Online
Date	Wednesday 16 & Thursday 17 September 2026	**Location**	In person (PYMHWS Parkville)
Audience	Mental health practitioners and lived experience workforces working in area mental health and wellbeing services.		

Overview

Personality disorders, including borderline personality disorder (BPD), are associated with significant morbidity and mortality. Despite this, clinicians often feel uncertain about the rationale for early intervention and may find these presentations challenging. This evidence-based, experiential workshop (e.g., role plays) reviews current evidence on personality disorders in young people and introduces a best-practice model for early intervention, including strategies for working with families and managing complex clinical challenges.

Learning Outcomes

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

- Explain the rationale for early intervention and apply evidence-based principles in working with young people with personality disorder.
- Implement strategies for engaging families and friends in care.
- Apply approaches to manage interpersonal difficulties, risk, and chronic self-harm effectively.

Victorian Workforce Capabilities Addressed:

- Holistic and collaborative assessment and care planning (9)
- Compassionate care, support, and treatment (10)
- Promoting prevention, early intervention, and help-seeking (11)

CBT For Psychosis With Young People

Date	Monday 27 April & Monday 4 May 2026	**Location**	In person (PYMHWS Parkville)
Date	Monday 12 & Monday 19 October 2026	**Location**	In person (PYMHWS Parkville)
Audience	Mental health practitioners with two or more years of experience.		

Overview

This evidence-based, experiential workshop (e.g., role plays) introduces the application of Cognitive Behavioural Therapy (CBT) principles when working with young people experiencing psychosis. CBT for psychosis is strongly supported by research and recommended in international treatment guidelines. The training focuses on adapting CBT approaches for young people early in the course of psychosis, with practical strategies for engagement and intervention.

Learning Outcomes

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

- Explain the rationale and evidence base for CBT in psychosis.
- Describe the CBT model and core practice principles.
- Develop a cognitive behavioural case formulation.
- Apply CBT change strategies in clinical practice.
- Work effectively and compassionately with hallucinations and delusions.

Victorian Workforce Capabilities Addressed:

- Delivering compassionate care, support, and treatment (10)

Cognitive Difficulties In Young People With Co-occurring Mental Health Difficulties: Recognising And Adapting Our Practice

Date	Tuesday 2 June 2026	**Location**	In person (PYMHWS Parkville)
Audience	Mental health practitioners supporting young people with cognitive and mental health difficulties.		

Overview

Many young people experiencing mental health difficulties also present with cognitive impairments, yet clinicians often feel uncertain about how to respond effectively. This evidence-based, experiential workshop (e.g., role plays) combines research insights with practical strategies for clinical application. Participants will learn how to identify cognitive difficulties, use screening tools, determine when to refer for specialist assessment, and adapt clinical practice to meet individual needs.

We recommend attending both this workshop and the workshop on **"Recognising and supporting speech, language and communication needs in young people with co-occurring mental health difficulties"** scheduled on 16 June, 2026.

Learning Outcomes

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

- Explain the importance of addressing cognition in youth mental health.
- Recognize cognitive functioning and its interaction with mental health.
- Screen for cognitive difficulties and interpret findings.
- Apply strategies to modify clinical practice for young people with cognitive difficulties.

Victorian Workforce Capabilities Addressed:

- Working with diverse consumers, families, and communities (3)
- Embedding evidence-informed continuous improvement (14)

Speech, Language And Communication Needs In Young People With Co-Occurring Mental Health Difficulties: Recognising And Adapting Practice

Date	Tuesday 16 June 2026	**Location**	In person (PYMHWS Parkville)
Audience	Mental health practitioners and lived experience workforces supporting young people with mental health difficulties.		

Overview

Many young people with mental health difficulties have underlying speech, language, and communication needs that often go undetected and unsupported. These challenges can significantly impact treatment effectiveness and functional outcomes. This evidence-based, experiential workshop (e.g., role plays) focuses on identifying communication needs, understanding their impact on mental health, knowing when to refer for specialist assessment, and applying practical strategies to adapt communication and interventions in clinical practice.

We recommend attending both this workshop and the workshop on **"Recognising and adapting our practice for young people with co-occurring mental health and cognitive difficulties"** scheduled on 2 June, 2026.

Learning Outcomes

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

- Explain the relationship between speech, language, communication needs and mental health difficulties.
- Recognise typical development and identify signs of communication difficulties in young people aged 12–25.
- Integrate communication needs into clinical formulations.
- Apply strategies and materials to adapt communication and interventions effectively.

Victorian Workforce Capabilities Addressed:

- Working with diverse consumers, families, and communities (3)
- Holistic and collaborative assessment and care planning (9)

Bipolar In Young People: An Introduction To Psychological Interventions

Date	Monday 20 July 2026	**Location**	In person (PYMHWS Parkville)
Audience	Mental health practitioners with two or more years of experience.		

Overview

This evidence based workshop will focus on the theory and practice of providing psychological interventions for young people with a diagnosis of bipolar disorder. Focussing on research evidence and clinical examples, it is designed to give clinicians confidence in undertaking psychological work for people experiencing a disorder that has traditionally been seen as largely biological in nature.

Learning Outcomes

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

- Understand the issues around diagnostic complexity and misdiagnosis.
- Understand the evidence base, and role of psychological processes in the onset and maintenance of bipolar disorder.
- Understand and apply cognitive and behavioural interventions for depression, including the role of schemas and self-compassion.
- Understand and apply cognitive and behavioural interventions for hypomania, mania and mixed states.
- Integrate the role of psychological processes in wellness planning.

Victorian Workforce Capabilities Addressed:

- Delivering compassionate care, support, and treatment (10)
- Promoting prevention, early intervention and help seeking (11)

Young People From Refugee And Asylum Seeker Backgrounds: Engaging In Mental Health Settings

Date	Thursday 13 August 2026	**Location**	In person (PYMHWS Parkville)
Audience	Mental health practitioners and lived experience workforces working with infants, children, and youth in area mental health and wellbeing services.		

Overview

Young people from refugee and asylum seeker backgrounds experience disproportionate mental health vulnerabilities and social inequities yet access mental health care at lower rates than their peers. This evidence-based, experiential workshop (e.g., role plays) focuses on reducing barriers to care and increasing awareness of enablers for responsive and equitable service delivery. Participants will explore the impact of forced migration, settlement experiences, and trauma-informed principles to enhance culturally safe practice.

Learning Outcomes

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

- Explain the significance of forced migration and settlement and identify relevant information for clinical practice.
- Understand risk and protective factors during settlement.
- Identify barriers and enablers to accessing mental health services, including the role of health literacy.
- Observe and reflect on the Cultural Formulation Interview.
- Apply trauma-informed principles in practice.

Victorian Workforce Capabilities Addressed:

- Working with diverse consumers, families, and communities (3)
- Understanding and responding to trauma (4)
- Supporting system navigation, partnerships, and collaborative care (12)

ADHD In Young People With Co-Occurring Mental Health Difficulties: Understanding And Adapting Practice

Date	Wednesday 9 & Thursday 10 September 2026	**Location**	In person (PYMHWS Parkville)
Audience	Mental health practitioners seeking foundational knowledge and skills for working with young people with ADHD and mental health difficulties.		

Overview

ADHD is one of the most prevalent neurodevelopmental disorders, typically emerging before age 12, and can significantly impact a young person's participation in school, family, and community life. This evidence-based, experiential workshop (e.g., role plays) explores the aetiology, screening, assessment, diagnosis, and intervention strategies for ADHD, with a strong focus on collaboration with families, schools, and support services to improve outcomes.

Learning Outcomes

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

- Explain the rationale for early intervention for ADHD.
- Recognise and describe ADHD symptoms and their impact on young people.
- Understand assessment approaches and challenges in diagnosing ADHD with co-morbidities.
- Articulate treatment aims, including prescribing practices, psychoeducation, and family/school engagement.
- Apply practical intervention strategies in clinical practice.

Victorian Workforce Capabilities Addressed:

- Working with diverse consumers, families, and communities (3)
- Holistic and collaborative assessment and care planning (9)
- Promoting prevention, early intervention, and help-seeking (11)

Engaging Families In Youth Mental Health: A Lived Experience Lens

Date	Thursday 17 September 2026	**Location**	In person (PYMHWS Parkville)
Audience	Mental health practitioners and lived experience workforces working in child and youth area mental health services.		

Overview

Evidence shows that recovery outcomes for young people improve when families, carers, and supporters are actively involved in care. Despite this, family inclusion remains inconsistent, often due to barriers and resistance. This co-designed, experiential workshop (e.g., role plays) – co-presented by a Family Work Clinician and Family Peer Worker – focuses on practical strategies for implementing family-inclusive practice, addressing common challenges, and supporting engagement even when young people are reluctant to involve their families.

Learning Outcomes

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

- Explain the role of families, carers, and supporters in supporting young people with serious mental illness.
- Understand how families can influence assessment, safety, and functional recovery outcomes.
- Apply family-inclusive practice principles and practical tools to enhance engagement and collaboration.

Victorian Workforce Capabilities Addressed:

- Working effectively with families, carers, and supporters (8)
- Embedding evidence-informed continuous improvement and lived experience perspective (14)