



# Professional Development (2019)

*Victoria & Tasmania*

# Mental Health Social Support (MHSS): How to facilitate an effective helping process

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The emphasis in this PD session is on assisting with the emotional wellbeing of the person whom you are helping, rather than on the skills needed to address physical injuries and illness. For this reason, the skills you learn may be applied to very common, everyday situations, especially when working with students from different backgrounds and cultures.

There may be no evidence of cause for the distress that you observe in someone, but you may feel that there is nevertheless grief or stress present, and you would like to feel competent to help in some way. Perhaps you have found yourself in a situation among distressed people where you are asked to provide help, or you may see that help is needed, but you are not quite sure how to offer it. Yet, you know that to do nothing is not an option, so you pitch in and do your best to provide comfort until professional help arrives.

Thus, in this PD session, you will learn how to recognise symptoms of mental distress that might not be so evident to others and what you can do when there is a need for a person (a victim's family member, for example) to be referred on to more advanced levels of help, such as to counsellors, doctors, or the police. You will learn a different set of skills and develop your own approach that suits you best when working with individuals.

**Note:** MHSS training is different from MHFA in terms of its learning content and outcomes. The full MHSS course is nationally recognised by professional bodies as a part of their members' CPD requirement and it cost \$500 per person.

By the end of the session, you will learn:

- some of the core skills needed when helping your helpee(s);
- what roles you might take up as a Mental Health Social Supporter;
- what traps you will want to avoid in the helping process;
- what personal qualities and skills will help you to be effective; and,
- what "micro-skills" will help you to have maximum positive impact.

Event details:

- **Date**  
Friday, 18 October 2019
- **Time**  
9:00am ~ 5:00pm (including lunch break)
- **Venue**  
Centenary Building  
Level 4, Function area  
University of Tasmania  
Churchill Avenue, Sandy Bay TASMANIA
- **Fee**  
Free for ISANA member | \$80 for non-member



Facilitator:

**Coby Liew** is an experienced social worker, psychotherapist, and a licensed MHSS trainer in Australia. He is experienced in working with individuals from diverse backgrounds and cultures. Coby offers a collective ten years of working experience in various fields such as community engagement, mental health and disability, tertiary and higher education, human services, international education, project development, and customer service. Coby has a unique multicultural philosophy complimented with a range of valuable experiences underlying his values and practice framework. He has developed a number of successful initiatives throughout his professional career with a focus on mental health and community engagement.

## Program schedule

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8:30am	Registration and networking
9:00am	MHSS training (Part one)*
10:00am	Short break
10:30am	MHSS training (Part two)*
11:30am	Project discussion and preparation
12:15pm	Lunch
1:00pm	MHSS training (Part three)*
2:00pm	Short break
2:15pm	MHSS practical exercises (Part four)*
3:15pm	Afternoon break
3:30pm	Project presentation*
4:30pm	Q&A, feedback, and suggestions
5:00pm	End



Please click on the registration above or the link below to register your attendance:

<https://cdesign.eventsair.com/isanasec/victas-pd-2018/Site/Register>

**Note:** This PD is free for ISANA members and for non-members, the fee is \$80 per person.

## Contact

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All of the above topics are specifically arranged in response to the needs of ISANA Vic/Tas members and industry professionals within the international education and/or higher education sector. If you have any questions regarding the above sessions or suggestions for future PDs, please kindly contact us. We would love to hear from you. Thank you and we hope to see you soon!

### ISANA PD Coordinator (2019)

**Coby Liew**

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### ISANA Tasmania representative

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