

Fundamentals Cert IV Focused (Half-Day)

Key Focus: Targeted skill-building for Cert IV level qualified

Members:	\$100.00
Non-members:	\$150.00
ARTA Students:	\$70.00

Bookings can be made through the website on www.recreationaltherapy.au

Mon 24th March; (12pm-4pm) Self-Awareness and Its Impact on Relationships

Learning Outcomes:

- Reflect on personal attitudes, values and biases and their influence on professional relationships.
- Develop strategies to enhance self-awareness for improved client interactions.

Content:

- The role of self-awareness in therapeutic relationships.
- Identifying biases and triggers in professional settings.
- Techniques for self-reflection and emotional regulation.

Activities:

- **Self-Reflection Exercise:** Journaling prompts on personal values and biases
- **Role-Play Scenarios:** Practice handling challenging client interactions with self-awareness
- **Group Discussion:** Share insights and strategies for growth

Tues 15th April; (12pm-4pm) How to Manage "Inappropriate Behaviours"/Unmet Needs

Learning Outcomes:

- Identify underlying causes of challenging behaviours in clients
- Apply non-confrontational strategies to address inappropriate behaviours effectively.

Content:

- Understand unmet needs as drivers of behaviour.
- Communication strategies for de-escalation.
- Techniques for preventing and managing challenging behaviours

Activities:

- **Case Study Analysis:** Discuss scenarios and identify underlying causes of behaviour
- **Strategy Development Workshop:** Groups create intervention plans for challenging cases.
- **Skills Practice:** Role-play de-escalation techniques in small groups.

Thurs 22nd May; (12pm-4pm) Non-Pharmacological Therapies for BPSD (Dementia Care)

Learning Outcomes:

- Understand the role of non-pharmacological therapies in managing behavioural and psychological symptoms of dementia (BPSD)
- Design and implement therapy-based interventions tailored to individual clients.

Content:

- Overview of BPSD and common non-pharmacological approaches.
- Importance of personalisation for therapeutic outcomes.
- Case examples of effective interventions.

Activities:

- **Therapy Demonstration:** Examples of music and sensory activities
- **Design Workshop:** Create a non-pharmacological therapy plan for a case study.
- **Feedback and Sharing:** Present plans and discuss their feasibility.

Fri 20th June; (9am-1pm) The Co-Creation of Goals with Clients

Learning Outcomes:

- Engage clients in collaborative goal-setting to enhance their sense of agency and purpose
- Develop strategies for aligning goals with clients preferences and needs

Content:

- SMART goals.
- Principles of collaborative goal-setting.
- Communication and evaluating progress toward goals.
- Documenting and evaluating progress toward goals.

Activities:

- **Interactive Discussion:** Explore benefits and challenges of co-creation.
- **Goal-Setting Practice:** Work in pairs to co-create goals using a provided scenario.
- **Evaluation Exercise:** Develop metrics to assess goal achievement

Thurs 17th July; (12pm-4pm) Intergenerational Programming - Playgroup Australia

Learning Outcomes:

- Understand the benefits of intergenerational programming for different age groups.
- Design engaging activities that foster meaningful connections between generations.

Content:

- Overview of intergenerational programming and its outcomes.
- Best practice for planning and implementing activities.
- Examples of successful programs (for different ages also).
- Communicating with different age groups.

Activities:

- **Case Study Review:** Analyse examples of effective intergenerational activities.
- **Program Planning:** Groups design a mock intergenerational program with Playgroup Australia.
- **Role-Play Simulation:** Practice facilitating intergenerational interactions.

Wed 13th August; (9am-1pm) Activities, Activities, Activities

Learning Outcomes:

- Explore a variety of creative and engaging activities for diverse client groups.
- Adapt activities to different abilities, interests and settings.

Content:

- Overview of activity categories (social, physical, emotional, cognitive, creative and spiritual).
- Adapting activities for inclusivity and accessibility.
- Techniques for evaluating activity effectiveness.

Activities:

- **Activity Brainstorm:** Generate a list of diverse activities for specific client needs.
- **Hands-On Session:** Practice leading or participating in sample activities.
- **Reflection and Sharing:** Discuss activity successes and challenges.

Mon 20th October; (12pm-4pm) Events Planning for the Following Year

Learning Outcomes:

- Develop a comprehensive event plan tailored to client needs and preferences.
- Coordinate resources and timelines for successful event implementation.

Content:

- Steps in event planning: goal setting, budgeting and scheduling.
- Tips for engaging stakeholders and managing logistics.
- Evaluation methods for events.

Activities:

- **Planning Workshop:** Groups create a detailed plan for a year-long event calendar.
- **Problem-Solving Session:** Discuss and resolve common challenges in event planning.
- **Presentation and Feedback:** Share event plans and refine based on peer input.

Fri 14th November; (9am-1pm) Multicultural Palliative Care

Learning Outcomes:

- Understand cultural considerations in providing care to diverse populations.
- Develop culturally sensitive strategies for end-of-life care.

Content:

- Overview of cultural diversity in palliative care needs.
- Effective communication and family involvement.
- Designing culturally respectful activities and interventions.

Activities:

- **Case Study Exploration:** Discuss cultural scenarios and identify respectful approaches.
- **Strategy Workshop:** Develop a culturally sensitive care plan for a specific case.
- **Group Discussion:** Share experiences and insights on multicultural care.

Tues 2nd December; (9am-1pm) Navigating boundaries

Learning Outcomes:

- Understand and manage professional boundaries in therapeutic relationships.
- Awareness of client and family vulnerabilities.

Content:

- Identify professional boundaries in leisure and lifestyle services.
- Recognising client and family vulnerabilities.
- Ethical considerations in boundary management

Activities:

- **Lecture and Discussion:** Explore theoretical foundations of professional boundaries.
- **Case Study Analysis:** Discuss scenarios and identify underlying vulnerabilities.
- **Strategy Development:** Groups develop ethical boundaries to ensure professional behaviour.