

**LIGHTHOUSE FOUNDATION 2010 SEMINAR SERIES**

Date	Time	Seminar	Topic	Registration closing date
17 Feb	5pm	<b>Seminar 1</b>	The Model in Practice: Understanding the Lighthouse Therapeutic Family Model of Care	10/02/10
3 March	11am	<b>Seminar 2</b>	Privacy & Confidentiality in Youth Work	22/02/10
17 March	11am	<b>Seminar 3</b>	Psychosocial Development: Birth to Adolescence	10/03/10
31 March	11am	<b>Seminar 4</b>	Individual Development Plans. A Therapeutic Approach to Holistic Case Management of Young People	24/03/10
14 April	11am	<b>Seminar 5</b>	Understanding Depression and Bi-Polar Mood Disorder	07/04/10
28 April	11am	<b>Seminar 6</b>	Preventing Vicarious Trauma in the Workplace	21/04/10
12 May	11am	<b>Seminar 7</b>	Culturally Inclusive Approaches to Working with Young People	05/05/10
26 May	11am	<b>Seminar 8</b>	The Evolutionary Bond: Understanding Attachment	19/05/10
23 June	11am	<b>Seminar 9</b>	Understanding Grief & Loss	16/06/10
7 July	11am	<b>Seminar 10</b>	Promoting Sense of Belonging: Family Meeting Facilitation	30/06/10
21 July	11am	<b>Seminar 11</b>	Understanding Anxiety: Treatment Options and Practical Strategies	14/07/10
4 Aug	11am	<b>Seminar 12</b>	Stress Management in the Helping Profession	28/07/10
18 Aug	11am	<b>Seminar 13</b>	Suicide Risk Assessment	11/08/10
1 Sept	11am	<b>Seminar 14</b>	De-stigmatising Borderline Personality Disorder: Overcoming Barriers and Application of Therapeutic Approaches	25/08/10
15 Sept	5pm	<b>Seminar 15</b>	The Model in Practice: Understanding the Lighthouse Therapeutic Family Model of Care	08/09/10
29 Sept	11am	<b>Seminar 16</b>	Effective Language and Communication Skills	22/09/10
13 Oct	11am	<b>Seminar 17</b>	Resolving Conflict in the Workplace	06/10/10
27 Oct	11am	<b>Seminar 18</b>	Understanding Your Parenting Style and Adolescent Parenting Strategies	20/10/10
10 Nov	11am	<b>Seminar 19</b>	Strength Based Approaches to Working with Young People and Families	03/11/10
24 Nov	11am	<b>Seminar 20</b>	Responding to Early Psychosis	17/11/10
8 Dec	11am	<b>Seminar 21</b>	The Evolutionary Bond: Understanding Attachment	01/11/10

Note: All seminars are held on Wednesdays

Venue	Bookings	How to book	Hosting a workshop	Tailored Seminars
Lighthouse Foundation Administration and Resource Centre, 13 Adolph Street, Richmond  Next to the East Richmond Train Station.	Individual booking: Cost: \$80 or \$120 according to seminar topic.	Simply complete the Registration Form (one per person please) and post or fax to Lighthouse Foundation. Any queries? Call 03 9093 7500.	If you have a group of people and wish to host an in-house workshop yourself, please contact us to discuss opportunities to hold a Workshop at your premises.	Lighthouse can also cater training to the needs of organisations or communities. To arrange a learning and development session for your workplace, please contact Tymur Hussein (Lighthouse Clinical Care Manager) on 9093 7500.

**Rudy Gonzalez**

BA (Community Dev), BA Hons.(Social & Cultural), BPsych(Hons.), MAppPsych. MAPS Director of Care Service, Lighthouse Foundation.  
Rudy Gonzalez has extensive experience working as a practitioner in diverse settings. His experience spans work in Family Services, as a family counsellor and case manager, in a forensic setting as a psychologist in a therapeutic community for male violent offenders as well as individual therapeutic work with that population. In addition to his role in leading the Care Team at Lighthouse, Rudy is also a lecturer in social and ethical issues in counselling, value based practice, and culturally inclusive practice with the School of Psychology at Victoria University.

**Veronica Zardo**

BSc(Psych), BPsych(Hons.), Associate MAPS  
Psychological Wellness team, Lighthouse Foundation.  
Veronica Zardo is a psychologist with extensive experience working with children, young people, adults and families who have experienced abuse-related trauma, and facilitating parenting programs that focus on developmental and behavioural difficulties in young children.

She has provided advanced psychological interventions to manage range of complex issues including domestic violence, homelessness, drug and alcohol addiction, child protection, psychiatric disabilities and mental illness. Veronica has previously worked in a variety of areas including employee assistance, residential and foster care, crisis and early intervention, as well as clinical mental health setting.

**Tymur Hussein**

BPsych(Hons.), MAppPsych  
Clinical Care Manager, Lighthouse Foundation.  
Tymur Hussein began his career working with young children and adolescents providing individual therapy, assessment, and facilitation group programs. In addition to his role at Lighthouse, Tymur also manages a consultancy service providing individual therapy, group programs and staff training, and is a Lecturer in Psychology at Victoria University. His background includes providing psychological services to migrants and refugees, as well as adult offenders addressing their criminogenic needs.

**Joshua Laird**

BA (SocSc)  
Residential Care Manager, Lighthouse Foundation.  
Joshua Laird has extensive experience working with adolescents, who have experienced abused related trauma. He has worked in numerous settings from housing, crisis support, crisis intervention and therapeutic care. He has provided intensive case management to manage many complex issues including homelessness, drug and alcohol dependence and mental illness. His specific expertise being shared is based on his experience in the professional supervision of youth workers and social workers working with homeless young people.

**Filomena Iacovella**

DipTeach, BSocSc, GradDip(HealthPsych)  
Psychological Wellness Team, Lighthouse Foundation.  
Filomena Iacovella's background in an education setting has included intensive psychological interventions to assist school aged children and young people with the management of learning disabilities, mental health issues, developmental and behavioural issues, and domestic violence.

Filomena has also facilitated Parenting Seminars, focusing on the management of behavioural difficulties with children and teenagers. As a members of the Psychological Wellness Team at Lighthouse she provides psychological interventions to young people who have experienced long term abuse, trauma and neglect.

**2010 Seminar Series**

<p><b>Seminar 1</b> <b>The Model in Practice: Understanding the Lighthouse Therapeutic Family Model of Care</b></p> <p>Participants at this seminar will gain an understanding of the theoretical foundations of the successful Lighthouse Therapeutic Family Model of Care including Attachment, Object Relations and Psychological Wellness theories. This interactive session will enable participants to gain a real understanding of the experience of young people and staff at Lighthouse.</p>	<p><b>Seminar 2</b> <b>Privacy &amp; Confidentiality in Youth Work</b></p> <p>The legal and ethical issues associated with working with children and young people forms the basis for this interactive seminar. The seminar will look at case studies focussing on this important area of work.</p>	<p><b>Seminar 3</b> <b>Psychosocial Development: Birth to Adolescence</b></p> <p>Gain an in-depth understanding of the major milestones, challenges and strategies for working with children and young people at different stages of their psycho-social development by attending this seminar. The seminar examines the different stages from infancy to adolescence from an object relations perspective.</p>	<p><b>Seminar 4</b> <b>Individual Development Plans. A Therapeutic Approach to Holistic Case Management of Young People</b></p> <p>The seminar provides an explanation of the Lighthouse approach to case planning (Individual Development Plans). The seminar, held in an interactive style, enables participants to learn how to develop holistic and strength based case plans.</p>	<p><b>Seminar 5</b> <b>Understanding Depression and Bi-Polar Mood Disorder</b></p> <p>Participants will gain an understanding of depression and bi-polar mood disorder, and treatment options. The Seminar also includes the practical tools for working with people who are experiencing symptoms relating to these disorders.</p>	<p><b>Seminar 6</b> <b>Preventing Vicarious Trauma in the Workplace</b></p> <p>It is no secret that working with traumatised young people adversely impact on wellbeing. This seminar enables the participants to understand vicarious trauma by exploring the causes and symptoms, as well as possible treatment options, and preventative approaches.</p>	<p><b>Seminar 7</b> <b>Culturally Inclusive Approaches to Working with Young People</b></p> <p>The seminar explores how cultural diversity can be promoted in the 'helping professions'. The interactive seminar will provide participants an opportunity to explore their own cultural values and positions, and how these can impact on their work with diverse communities.</p>	<p><b>Seminar 8</b> <b>The Evolutionary Bond: Understanding Attachment</b></p> <p>The theoretical understanding of Attachment Theory forms the basis for this seminar. It also explores the process of attachment, attachment styles, and practical strategies for working with children and young people with attachment difficulties.</p>
<p><b>Seminar 9</b> <b>Understanding Grief &amp; Loss</b></p> <p>Understanding the process of grief and loss significantly helps individuals when they find themselves in a loss situation. The Seminar looks at the different stages of grief, and how this process plays out in diverse culture, and includes practical strategies for supporting others.</p>	<p><b>Seminar 10</b> <b>Promoting Sense of Belonging: Family Meeting Facilitation</b></p> <p>Family meetings are an integral part of the Lighthouse Therapeutic Family Model of Care – and indeed can be useful for all families. This interactive seminar, based on the Lighthouse approach, is especially helpful for workers in the child/youth sector as well as carers, parents and foster carers.</p>	<p><b>Seminar 11</b> <b>Understanding Anxiety: Treatment Options and Practical Strategies</b></p> <p>While gaining an understanding of anxiety and anxiety disorders, this seminar will also explore treatment options, as well as ways to manage one's own anxiety and support others who are in need.</p>	<p><b>Seminar 12</b> <b>Stress Management in the Helping Profession</b></p> <p>It takes a special type of person to work in the helping professions because of the challenging nature of the work. This seminar provides participants with practical strategies to manage stress in challenging work environments.</p>	<p><b>Seminar 13</b> <b>Suicide Risk Assessment</b></p> <p>The seminar brings the theoretical and social background to suicide related issues out into the open. Participants gain the relevant knowledge and the skills they need to equip them to assess suicide risk and respond accordingly based on best practice principles.</p>	<p><b>Seminar 14</b> <b>De-stigmatising Borderline Personality Disorder: Overcoming Barriers and Application of Therapeutic Approaches</b></p> <p>Being labelled as a young person with a borderline personality carries a real stigma in a person's everyday life. This seminar aims to challenge the myths around borderline personality disorder and examines the realities as well as practical approaches and strategies for working with young people.</p>	<p><b>Seminar 15</b> <b>The Model in Practice: Understanding the Lighthouse Therapeutic Family Model of Care</b></p> <p>Participants at this seminar will gain an understanding of the theoretical foundations of the successful Lighthouse Therapeutic Family Model of Care including Attachment, Object Relations and Psychological Wellness theories. This interactive session will enable participants to gain a real understanding of the experience of young people and staff at Lighthouse.</p>	<p><b>Seminar 16</b> <b>Effective Language and Communication Skills</b></p> <p>Communication is the key when working with children and young people. At this seminar, you will explore the use of positive communication, and learn practical communication strategies that promote a positive relationship with children and young people.</p>
<p><b>Seminar 17</b> <b>Resolving Conflict in the Workplace</b></p> <p>Learn day to day practical strategies to effectively manage disputes and conflict in relationships, families and in the workplace. Participants will also learn the theoretical working models that underpin these solutions.</p>	<p><b>Seminar 18</b> <b>Understanding Your Parenting Style and Adolescent Parenting Strategies</b></p> <p>This seminar provides the vital information that parents need in regard to understanding the different stages of child and adolescent development, differing parenting styles, and what appropriate positive parenting approaches to take, depending on the developmental need.</p>	<p><b>Seminar 19</b> <b>Strength Based Approaches to Working with Young People and Families</b></p> <p>Learn the practical tools to use in everyday situations while interacting with children, young people and families. The seminar covers how to apply strength based approaches, as well as the theoretical foundations of the strength based approach.</p>	<p><b>Seminar 20</b> <b>Responding to Early Psychosis</b></p> <p>The seminar aims to demystify psychosis by providing participants with the knowledge and skills they need to identify the early warning signs, and provide early intervention support. The information covered includes psychotic symptoms, management and treatment options and support services available.</p>	<p><b>Seminar 21</b> <b>The Evolutionary Bond: Understanding Attachment</b></p> <p>The seminar will provide participants with a theoretical understanding of attachment theory. It will also explore the process of attachment, attachment styles, and practical strategies for parenting infants, as well as working with children and young people with attachment difficulties.</p>			