

Responding to Mental Health Issues for International Students

It is a practical skills workshop for staff in frontline roles as advisors, administrators, tutors and support staff in relation to the welfare and needs of international students. This is a **5 hour program**.

We expect to discuss the meaning of mental health across different countries. And the status of mental health services - with the conclusion that many of these students will have had very little exposure to psychologists, counsellors, psychiatrists, the concept of confidentiality and all the trappings that go with a Western model.

Using case studies and discussion of key topics, learn how to think about the international experience, opportunities and challenges of being in a new country, stresses and signs of psychological and mental health problems. It is based on valuing your own responses in the routine interactions of the working day, having time and a plan of how to help in the confusion and uncertainty of a crisis. Hear about comparisons between Australian and UK experience and affirm good practice standards.

Presenters:

Steve Potter: Cognitive Analytic Psychotherapist, Trainer and Supervisor. Trustee of ACAT and Chairperson of the International Cognitive Analytic Therapy Association, a lead trainer with ACAT North/Catalyse. His main interest is in teaching communication and relational skills as part of good psychological practice in mental health work. He is currently involved as co-leader in the UK of the ACAT psychotherapy training, ACAT North practitioner training and is directing programmes of in-house training for Humber Forensic Service, Cheshire and Wirral Learning Disability In patient unit, and CAT training, mini therapy and reflective practice coaching for the Lancaster Clinical Psychology Doctorate. He is also co-ordinating an initial training in CAT for psychotherapists in Poland and in co-developing the use of CAT as a training programme for developing relational understanding in the context of cancer care, eating disorders and working with identity. He has been teaching and supervising psychotherapy for many years and was formerly lecturer in social psychology and counselling and worked for ten years as Director of Counselling for students and staff at the University of Manchester in the UK. He worked with many international staff and students and for the past five years has been running this training programme on International Student Mental Health for UKCISA in the UK for international advisors and administrators.

Jim Elliott: is Associate Director, Student Relations at Curtin University with responsibility for several transition and support services. These include the Careers Centre, Orientation programs, the Student Mentor Program, early intervention with students known to be at-risk, and supervision of a group of Student Advisors. He has previously worked as a counsellor at Curtin, and is the current national president of the Australia and New Zealand Student Services Association (ANZSSA). Jim has had wide experience with International students in a range of settings within the university, and has worked closely with staff in academic teaching areas, housing, central administration, health services, the student Guild and the like. He is able to bring a broad student support perspective to this workshop to supplement the strong mental health credentials of the two main facilitators.

Dr Sean Murray

Sean Murray is Head, Counselling and Disability Services at Curtin University. He has held this position for the past 5 years. Prior to working at Curtin he lectured in the Department of Psychiatry

and Neuroscience, at UWA for 2 years. Before he migrated to Australia he held the position of Deputy Head of Department and co-coordinator of post-graduate courses in Psychology at the Medical University of Southern Africa; He was also a lecturer and Associate Director of the Centre for Psychology, at the University of Pretoria. As a psychologist he has worked for several Psychiatric Hospitals in government and military environments; student counselling services; substance abuse programs; and private practice. In 1988 he completed his MA and 1995 his PhD. He is the WA Convener for the Australian New Zealand Student Services Association and served on the executive of the Association for Counselling Psychologists for 4 years.