Learning Centre
Queensland Centre for **Mental Health Learning**

Train-the-trainer course

QC29 Reasoning and Rehabilitation 2 for Youths and Adults with Mental Health Problems (R&R2 MHP)

This three day train-the-trainer course is designed to allow clinicians to gain an understanding of the methodology for delivering the R&R2 MHP program to consumers and clients in their service.

It is relevant to continuing care teams, community care teams, forensic mental health teams, prison mental health teams and other youth and adult services who have a client base that may experience antisocial behaviours as a result of long term institutional care and/or correctional care.

Highly interactive and intensive, selected sessions from the program modules are modeled allowing participants to gain experience in preparing and delivering modules to other group members.

Background information

- R&R2) program is a structured, manualised cognitive-behavioural therapy program which aims at implementing behavioural change and reducing recidivism.
- The program is based on a revised cognitive-behavioural model and helps consumers develop; metacognition, emotional competence, fundamental interpersonal skills, active listening, relapse prevention, motivation and prosocial self-efficacy.
- The program was designed for youths and adults with whose offending behaviour is associated with mental health problems or severe mental disorder.
- It consists of 16, 90-minute sessions which incorporate games, individual and group exercises, role-playing, brainstorming, audio-visual material and participants' workbooks.

Training process and outcomes:

- Introduction to the purpose of training and its efficacy
- Familiarisation with the learning materials and an overview of the logistics of the program
- Participants will receive detailed feedback on their presentation from the trainers and other group members
- Accreditation by the authors and the Cognitive Centre of Canada as an R&R2 MHP 'trainer' - a participant will then be able to deliver the program to consumers.
- identify methods for evaluation of therapeutic group sessions and programs.

When to attend training

As determined by a HHS or service for staff members to be trained as trainers of clinicians where need has been identified to address offending/antisocial behaviours and mental health issues.

Cost: Nil - applicable to Queensland Health staff only

Mode: Face-to-face

Duration: 3 days = 21 hours active learning for CPD

Pre-requisites: As a train-the-trainer course you must be pre-approved to roll out the R&R2 MHP program in your local HHS services.

This course assumes basic knowledge across core clinical competencies; it is recommended to complete MSE training and Risk Assessment training prior to attending (e.g. 10881NAT MSE, QC9/ QC33 CCRAM).

Aligned to:

- *National Standards for Mental Health Services 2010*
- *National Statement of Principles for Forensic Mental Health 2016.*

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