Professional Development Workshops and Training

Gain skills and knowledge to strengthen relationships and social connections in families, workplaces and communities. Training available for individuals, professional groups and organisations.

**General Workshops**

**Managing Challenging Behaviours**
Learn about the physical, emotional and behavioural reactions that are common in challenging situations, how to respond constructively to these situations, and helpful de-escalating strategies you can use to achieve positive outcomes.

**Managing Conflict in the Workplace**
Discover how to manage conflict, resolve issues, and improve relationships between you, your colleagues and/or clients to support a productive and harmonious workplace.

**Mediation Short Course**
Learn and practice the skills required to facilitate a mediation process and gain an understanding of how these skills apply to different dispute resolution situations with clients, workplaces and in community settings.

**Managing Stress and Being Resilient**
Learn how to reduce stress and use techniques to enhance your resilience, maintain good mental health and manage challenging situations that arise.

**Critical Incident Training**
Discover important aspects of the critical incident process including pre- and post-incident management, situational stress, debriefing, roles, boundaries and risk management.

**Why choose us?**
- Practical and interactive learning
- Training informed by current best practice
- 96% student satisfaction

**Counselling Workshops**

**Vicarious Trauma**
Learn about vicarious trauma and its impacts, and identify tools relevant to maintaining wellbeing in your workplace.

**Supporting Separated Families**
Learn about the separation process, how it impacts parents and children, and how you can assist parents and children, including adolescents, to manage this often difficult change.

**The Casual Counsellor**
Develop basic counselling skills including listening, using empathy, questioning and reframing, in order to respond initially to people exhibiting a range of strong emotions, language and behaviours.

**Trauma-Informed Practice**
Learn about single incident and complex trauma, the impact of trauma on brain development, responses to trauma and how to work therapeutically with survivors.

**Professional Boundaries**
Explore the boundaries of helping roles and why we need them, relevant ethical principles, challenges to maintaining boundaries, triggers, transference and self-care.

**Attending Court and Writing Reports**
Learn about the legal obligations to attending court as a witness for clients, the various types of reports requested and how they differ for different courts.

For more information, call (03) 8573 2222, email ravtraining@rav.org.au or visit www.rav.org.au/training
Family Dispute Resolution (FDR) Workshops

FDR Refresher Series
If you’re a family dispute resolution practitioner, update your knowledge and skills to work with clients who are separated.

Property Matters in FDR
Learn advanced skills in developing and legalising property agreements within the context of the Family Law Act and the FDR process.

Supervision Training for FDR Supervisors
Develop advanced skills in FDR supervision, including learning how to facilitate FDR Practitioners’ (FDRPs’) practice, assisting practitioners to consider their practice within an educative framework, supporting FDRPs to develop evolving reflective practice and ensuring better outcomes for clients.

Training Delivery
Our workshops are facilitated by experienced educators with practical, clinical experience. Workshops can be tailored to meet the needs, timing and budget of your organisation, and can be delivered at your workplace.

Family Violence Workshops

Responding to Family Violence in the Workplace
Gain knowledge about family violence, learn and practice skills to respond to colleagues from both a personal and organisational perspective, and find out when to get further help.

Child-Focused Practice in Family Violence Work
Understand and explore the implications for counselling and therapy practice when using a child-focused approach to work with families affected by family violence.

Asking the Hard Questions
Gain knowledge and skills about family violence, and explore and practice the difficult task of asking clients the hard questions about family violence.

About Us
Relationships Australia Victoria (RAV) is a leading training organisation with national and international expertise. We have over 70 years’ experience in relationship counselling, conflict resolution, family dispute resolution, family relationships, couples therapy and parenting education.

We offer a range of courses and workshops which provide opportunities for professionals to further enhance their skills in the community, welfare, education and legal sectors.

All our facilitators are experienced educators with extensive expertise in a range of fields including psychology, social work and mediation/family dispute resolution.

Contact Us
Please contact us for more information and to discuss the requirements of your workplace or organisation.

Call  (03) 8573 2222  Email  ravtraining@rav.org.au  Visit  www.rav.org.au/training