

## QC29 Reasoning and Rehabilitation for Youths and Adults with Mental Health Problems (R&R2 MHP) Train-the-trainer

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.

The course is highly interactive and intensive; selected sessions from the program modules are modelled, allowing participants to gain experience in preparing and delivering modules to other group members.

What is R&R2MHP?

- The R&R2 MHP 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.
- Consists of 16, 90-minute sessions which incorporate games, individual and group exercises, role-playing, brainstorming, audio-visual material and participants' workbooks.

**Note:** *Participating in the R&R2MHP train-the-trainer course assumes basic knowledge across core clinical competencies, including knowledge of mental state and risk assessment principles.*

### Continuing professional development information:

21 hours of active learning

## 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 facilitators and other group members
- accreditation by the the Queensland Centre for Mental Health Learning on behalf of the Cognitive Centre of Canada, as an R&R2 MHP ‘trainer’ - a participant will then be able to deliver the program to consumers.



### Testimonials:

From a participant (who is now an accredited trainer):

*“By delivering the program, we’ll be able to address a range of cognitive skills to empower consumers and help them address offending behaviours. (It was) a comprehensive, engaging and theoretically driven (and therefore empirically evidenced) program. Will assist consumers by equipping them with essential life skills.”*

From a consumer who has recently completed the program:

*“I feel that the program helped me. It gives me more time to think before I act. You can think about different ways of managing your thoughts...to act or not act in a certain way. Working as a team with other people was good.”*

For more **information** about this course, to view the **training calendar**, or to **enrol** in training, visit us at:

- [www.qcmhl.qld.edu.au](http://www.qcmhl.qld.edu.au)
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