

# Collaborative Care Skills Workshop (CCSW)

## Facilitator Training

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### About CCSW

CCSW is an evidence-based carer intervention that has been shown to reduce psychological distress, burden, expressed emotion and emotional over-involvement in carers of people experiencing an eating disorder.

This training provides facilitator training in CCSW, in conjunction with a comprehensive support package which will provide participants with the skills, knowledge and information to support carers of people with an eating disorder within their service.

During the training, participants will have the opportunity to participate in experiential based learning activities, as well as be provided the opportunity to develop a plan to implement CCSW into their service.

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### Objectives

This facilitator training will provide participants with:

- An in-depth overview of CCSW key principles and content
  - The opportunity to engage in the workshop activities
  - The opportunity to further develop and practice motivational interviewing, which underpins the workshop content
  - The support to develop an implementation plan that will enable you to deliver the workshops in your local area
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### Target Audience

Mental health clinicians and lived experience workforce working with adults and young people experiencing eating disorders across the lifespan. Registrations from Victorian public area mental health services clinicians will be prioritised. Those working in a lived experience capacity across AMHS, ICYMHS, CYMHS and CAMHS are strongly encouraged to register.

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### Training Prerequisite

Prior completion of introductory training to eating disorders is recommended for this training. If you have not completed introductory eating disorders training, or this is a new area of work for you, there are two foundational training options available:

- *Inside Out Institute's Eating Disorders Essentials Training* (Modules 1, 2 & 3). Please note: ED Essentials online training consists of approx. 17 hrs of Professional Development. Please allow time to register and complete this training, **or**
- *NEDC Eating Disorder Core Skills: eLearning for Mental Health Professionals*

We strongly encourage attendees to purchase a copy of “*Caring for a Loved One with an Eating Disorder: The New Maudsley Skills-Based Training Manual*” prior to attending the training. It is available to purchase online at [Caring for a Loved One with an Eating Disorder: The New Maudsley Skills-Based Training Manual - Langley, Jenny, Treasure, Janet, Todd, Gill | 9780815378365 | Amazon.com.au | Books](https://www.amazon.com.au/dp/1780815378365).

It is also recommended that you have a good understanding of **Motivational Interviewing**.

Click [HERE](#) to register for introductory training.

## Presenters



### Bliss Jackman

Team Leader, Lived Experience  
Victorian Centre of Excellence  
in Eating Disorders



### Rhiannon Griggs

Senior Clinician  
Victorian Centre of Excellence  
in Eating Disorders

## Venue & Booking

Venue:	Hospital Education Centre (HEC)   Royal Melbourne Hospital Royal Park Campus 34-54 Poplar Road, PARKVILLE, 3052, VIC
When:	Delivered over two, full-days in-person: Part 1: 9:30am – 4:00pm, Thursday 6 March 2025 Part 2: 9:30am – 4:00pm, Friday 7 March 2025
Cost:	Clinicians and Lived Experience Workforce employed in Victorian public mental health services: \$225.00 Other health professionals: \$500.00 (Morning tea, lunch and afternoon tea will be provided)
Registration:	Go to: <a href="https://www.trybooking.com/CXMEI">https://www.trybooking.com/CXMEI</a> NB: registrations close C.O.B. Thursday 27th February 2025 unless sold out prior.
Certificate Requirements:	Attendance & participation on both training days & completion of training evaluation.

## ENQUIRIES

Training content enquiries: Bliss Jackman, E — [Bliss.Jackman@mh.org.au](mailto:Bliss.Jackman@mh.org.au) & Rhiannon Griggs, E — [Rhiannon.Griggs@mh.org.au](mailto:Rhiannon.Griggs@mh.org.au)

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