

National Comorbidity Guidelines Face-to-Face Training

Program: Session Objectives

The National Comorbidity Guidelines Face-to-Face Training Program is designed to be flexible. There are seven half-day modules in total, of which two are mandatory (modules one and two). Alongside these, trainers can choose to deliver any combination of the half-day modules, depending on the needs of the workplace being trained.

Content from the face-to-face training is based on the *Guidelines on the management of co-occurring alcohol and other drug and mental health conditions in alcohol and other drug treatment settings (2nd edition)*, developed by researchers from the University of Sydney's Matilda Centre for Research in Mental Health and Substance Use. The Guidelines are a widely used clinical resource and were developed in consultation with a panel of experts, drawing on the experience and knowledge of clinicians, consumers, carers and researchers. More information about the Guidelines can be accessed online at comorbidityguidelines.org.au

Module 1: Understanding Comorbidity (Compulsory/Core Module)

Objectives:

- Improved understanding of comorbidity, including prevalence and harms
- Increased knowledge of guiding principles of working with clients with comorbidity
- Improved understanding of models of care
- Improved understanding of a holistic health care approach
- Improved understanding of a client-centred, coordinated care approach
- Improved understanding of self-care strategies, and how to apply these in practice

Module 2: Screening and Assessment (Compulsory/Core Module)

Objectives:

- Improved understanding of a framework for screening and assessment for all AOD clients

- Improved understanding of case formulation, informal assessments, standardised screening and assessments, and awareness of how these components fit together to form the basis of a client's presentation
- Improved confidence and skills in utilising results from screening and assessments for case formulation

Module 3: Applying Motivational Enhancement, Cognitive, and Behavioural Approaches to Co-occurring Disorders (Optional Module)

Objectives:

- Improved understanding and awareness of evidence-based psychotherapeutic treatment approaches available for co-occurring disorders
- Increased understanding of how motivational interviewing is applied to co-occurring disorders
- Increased confidence and skills in applying motivational interviewing techniques in a comorbidity context
- Increased understanding of how cognitive and behavioural therapies apply to co-occurring disorders
- Increased confidence and skills in applying cognitive and behavioural therapies in a comorbidity context

Module 4: Anxiety, Depression, and Bipolar Disorder (Optional Module)

Objectives:

- Improved understanding of the relationship between AOD use and anxiety, depressive and bipolar disorders
- Increased awareness of different client presentations associated with anxiety, depressive and bipolar disorders, and greater understanding of how these are identified
- Improved confidence and skills to respond to clients experiencing AOD use comorbid with anxiety, depressive, and bipolar disorders
- Increased awareness of evidence-based management and treatment strategies available for AOD use comorbid with anxiety, depressive and bipolar disorders

Module 5: Personality Disorders (Optional Module)

Objectives:

- Improved understanding of the relationship between AOD use and personality disorders
- Increased awareness of different client presentations associated with personality disorders, and greater understanding of how these are identified
- Improved confidence and skills to respond to clients experiencing AOD use comorbid with personality disorders
- Increased awareness of evidence-based management and treatment strategies available for clients experiencing co-occurring AOD use and personality disorders

Module 6: Post Traumatic Stress Disorder (PTSD; Optional Module)

Objectives:

- Improved understanding of the relationship between AOD use and PTSD
- Increased awareness of different client presentations associated with PTSD, and greater understanding of how these are identified
- Improved confidence and skills to respond to clients experiencing AOD use comorbid with PTSD
- Improved knowledge and awareness of a trauma-informed care approach, and understanding of how to apply these principles into practice
- Increased understanding of evidence-based management and treatment strategies available for clients experiencing co-occurring AOD use and PTSD

Module 7: Psychosis, Eating Disorders, and Obsessive-Compulsive Disorder (Optional Module)

Objectives:

- Improved understanding of the relationship between AOD use comorbid with psychosis, eating disorders and obsessive-compulsive disorder (OCD)
- Increased awareness of different client presentations associated with psychosis, eating disorders, and OCD, and greater understanding of how these are identified
- Improved confidence and skills to respond to clients experiencing AOD use comorbid with psychosis, eating disorders, and OCD

- Increased understanding of evidence-based management and treatment strategies available for clients experiencing AOD use comorbid with psychosis, eating disorders, and OCD