



Practice strategies for implementation e-learning course

A practitioner's influence in a family's life begins with their first contact and continues with every question, statement and activity they engage in together. But for many, the implementation phase is when their knowledge of evidence-based practices really comes to the fore.

150 mins

Start Course

About this course

This course emphasises the importance of children's participation in implementing interventions to support their mental health and wellbeing. It considers four practice skills that support children's participation:

1. Supporting parents to align actions and values.
2. Collaborative skill-building with children.
3. Noticing progress in setbacks.
4. Future-proofing new skills.

These strategies can help you to work in ways that are collaborative and affirming of children's strengths, skills, know-how and values, especially when it comes to navigating the difficult circumstances they are facing.

This course is part of a suite of products designed to support collaborative engagements with children and their families. It focuses on work with children aged 5-12. A practice strategy course for working with infants, children and parents (from conception to four years) is set to be released in late 2022.

Why was this course developed?

This course recognises children's existing skills, creativity and know-how are key to the success of any mental health intervention. It also acknowledges the need to work collaboratively with the child's parents, who are often the driving force behind children's attendance at therapeutic services.

The strategies outlined in this course will help you to ensure children and families don't feel like a failure when tools and techniques seem ineffective in solving the problem. They will also help you to ensure any newly-acquired skills and know-how can be used to address any ongoing and future problems the child and family may face.

How was this course developed?

This course was developed in collaboration with stakeholders from academia, child and family services, child mental health experts and parents with lived experience of mental health difficulties.

Who is this course for?

This course is designed for practitioners who work with children and their families to implement mental health interventions. This includes accredited mental health professionals, such as psychiatrists, psychologists, paediatricians, mental health social workers, mental health nurses, mental health speech therapists and mental health occupational therapists.

What is included in the course?

This course features fictional video demonstrations of conversations between practitioners and parents and children, along with reading materials and reflective activities. It is designed to be undertaken individually, but can also be used as a prompt for conversations between colleagues.