

DRTA VIRTUAL TRAINING -  
PROFESSIONAL DEVELOPMENT WORKSHOP

# THE ROLE OF DIVERSIONAL THERAPY IN MAINTAINING MENTAL HEALTH

## WEDNESDAY 21ST JULY 2021

10AM- WORKSHOP COMMENCES

3.00PM - WORKSHOP ENDS

**Skills and knowledge relevant to Diversional and Recreation Therapy. Essential information for your continued professional development provided via this virtual classroom in a 1 day DRTA workshop - the jam-packed programme includes:**

**Overview of Mental Health.** An introduction to the common presentations and concepts associated with mental illness and mental wellbeing

**Introduction to Trauma-Informed Care.** What is trauma and how to be trauma aware in your Diversional Therapy practice?

**Dr. Julie Bajic Smith.** As a psychologist, Dr Julie Bajic Smith will present on psychological screening measures used and when we need to escalate concerns about client wellbeing, when measures need to be revisited and which ones are appropriate to use with our elderly cohort.

**Mindfulness and maintaining your own mental wellbeing.** Learn or revisit the essential skills to protect and maintain your own mental health while supporting others in their leisure goals.

**Activity Ideas and More!** Activities specifically to address ongoing mental wellness, the psychological needs of your clients/residents and tips and trick to encourage engagement and participation.

**A virtual learning opportunity including handouts of Activities via DRTA Takeaway CAFE's-Creative Activities for Everyone AND More.... With opportunities to network, exchange ideas and join Diversional and Recreation Therapy Australia! DRTA members will receive 5 PD points for attending this virtual workshop live on the day. Get your PD points before the end of the financial year.**

### INVESTMENT:

- DRTA Members \$100 (incl GST)
- DRTA Student members \$75 (incl GST)
- Non Members \$130 (Incl GST)
- **Note:** Cancellations require minimum 2 days notice to receive refund.



**Leisure and Health  
Training in line with  
professional best  
practice and  
Aged Care Quality  
Standards**

### REGISTER ONLINE!

Log in as a member  
to receive the  
discount

### CHEQUE:

Payable to:  
Diversional Therapy Australia  
ABN 84 066 487 821

### DIRECT DEBIT

Acc. Name: DRTA Workshops  
Bank: C'wealth  
BSB: 062281  
Acc.:1031 8600.

### VISA or MASTERCARD

Phone 1300 113 395 or  
return the registration form  
with the details filled in.

*Cost includes handouts, material & attendance certificates sent via computer/email. A link to the meeting will be forwarded a few days before hand with information on downloading needed technology.*

*Direct debits MUST be confirmed by emailing [enquiries@diversionaltherapy.org.au](mailto:enquiries@diversionaltherapy.org.au) before links will be forwarded.*

## WEDNESDAY 21ST JULY 2021

[Click here](#) or complete the registration form below and post to PO Box 83 North Ryde NSW 1670 or email to [enquiries@diversionaltherapy.org.au](mailto:enquiries@diversionaltherapy.org.au)

DRTA member: Y / N Name: .....

Address: .....

Phone: (.....)..... Mob..... Fax: (.....).....

Email: .....

Payment Options: VISA/Master Card Cheque/Money order Direct Debit Amount: \$.....

Card Number: ..... Expiry: .....

Name on Card: .....

### Invoice my work

Org Name: ..... Fax: (.....).....

Address: .....

### **FURTHER CONSIDERATIONS:**

- Following your registration and a few days out from the workshop you will be forwarded a meeting link including instructions on downloading the required platform. Please ensure that you have access to a computer/laptop/ tablet or phone with a microphone and camera to be able to participate fully. Participants may attend in groups to the workshop where applicable however all participants should be registered to attend.
- If you require assistance with setting up the technology then please contact DRTA.
- Paperwork including the run-sheet for the day with breaks will be forwarded before the virtual workshop begins- this can be printed or saved to your computer. An online evaluation will be sent to you following the workshop to get your feedback.
- PDF's of PowerPoint's and other handouts will also be forwarded before/after the workshop.
- DRTA National Education Coordinator, as the meeting facilitator will monitor the presentation sessions and participants may be muted/un-muted to ensure quality as the presentations will be recorded and edited for future access.
- Questions and comments will be encouraged through the day to enable discussions and networking opportunities.
- **While correct at printing, last minute changes to the program may take place, due to circumstances beyond the control of the organisers.**



**DRTA now delivers Cognitive Stimulation Therapy sessions into YOUR facility or community**

CST benefits mood memory quality of life for people with mild to moderate dementia.

[www.diversionaltherapy.org.au](http://www.diversionaltherapy.org.au) | 1300 113 395