



Alberta Services has agreed to provide us with free training! The training is scheduled once a month, please see the schedule below.

**Each day will have two opportunities for the training:
Morning session is from 10:00AM -11:30AM
Afternoon session is from 1:00PM—2:30PM.**

Please RSVP as space is limited.

RSVP by calling 780-424-7543 ETX: 111 or by e-mailing info@e4calberta.org

If you have any questions please contact Sundari Devam 780-424-7543 EXT: 125 or by e-mailing sdevam@e4calberta.org

Thank you!

Intro to Mental Health/Mental Illness is a brief summary of characteristics of mental health, the biopsychosocial model of mental illness, relevant legislation, and regional mental health services available in Edmonton.

Intro to De-escalation Techniques is an overview of things to watch for in trying to prevent escalation and some ideas for managing it should it occur.

Intro to Schizophrenia is a brief summary of the definition, symptoms and treatment approaches and a look at attendant concerns such as stigma and violence.

Intro to Mood Disorders is a brief summary of the definitions, symptoms, treatment approaches used with depression and bipolar disorder.

Intro to Personality Disorders is a brief summary of the different types of personality disorders, typical symptoms and treatment approaches.

Building and Maintaining Healthy and Helpful Relationships looks at issues including rights, autonomy, respect, therapeutic rapport, stigma, boundaries, limits and therapeutic approaches.

Basic Communication Techniques is an overview looking at what is communication, styles of communication, roadblocks to good communication, some ideas for maximizing effectiveness as a communicator.

November 25, 2010	Intro to Mental Health/Mental Illness
December 16, 2010	Intro to De-Escalation Techniques
January 20, 2011	Intro to Schizophrenia
February 17, 2011	Intro into Mood Disorders
March 17, 2011	Intro into Personality Disorders
April 21, 2011	Intro into Anxiety Disorders
May 19, 2011	Building and Maintaining Healthy and Helpful Relationships
June 16, 2011	Intro into Basic Communication Techniques
July 7, 2011	Intro to Concurrent Disorders

*Please note that course outlines for Intro into Anxiety Disorders & Intro to Concurrent Disorders will be released closer to the training dates.