

ONLINE PROFESSIONAL DEVELOPMENT

Interpersonal Skills in Family Support

Perinatal Support and Assessment

Sexual Health and Reproduction

Perinatal Loss



Australia

New Zealand

Indonesia

United Kingdom

United States





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This document contains information about the professional development programs offered by the Pregnancy and Parenting Resource Centre which have been written by Debbie Garratt.

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www.pprc.org.au

WHY STUDY WITH US?

Here's what just a few of our students say...

"I've done my share of university education... mostly face to face, but some online too... this is by far the best... I didn't expect it to be so good."

Susanna, Mental Health Nurse

"My expectations weren't high. The course seemed reasonably priced but being all online, I wasn't sure I'd get much out of it. I was pleasantly surprised. I learned more about the issues women face during a difficult pregnancy in this course than I did in 3 years of social work study!"

Mel, Social Worker

"Congratulations on producing a very satisfying and foundational course to equip those who desire to meet a very great need in the community."

Roslyn, GP



Our team are highly qualified in education development and delivery and have conducted training in the reproductive health, counselling and support sectors for more than two decades.

Over 200 hundred people have undertaken our online training and 100% of them agree or strongly agree that the course met all their expectations and was great value for money!

ADVANTAGES OF ONLINE TRAINING

As education specialists we recognise the value of face to face training as ideal. However, we also recognise the need to make quality education accessible to all, and to ensure education is as flexible as the lives that people lead.

"I loved that I could do my reading after I finished evening shift at the hospital... not a luxury afforded in face to face training."

Kym, Midwife

You can study when you want, where you want and for as long or short a time as you want. We provide an initial enrolment period of 6 months; however we can extend this period upon request. Your study can fit in around other commitments and over a length of time that suits your lifestyle.

HOW WE SUPPORT YOU

You have access to our team via email and phone during business hours. We endeavour to always get back to you within 48 hours.

We encourage you to post your questions and comments to the student forum so that other students can benefit from discussion.

"The student forum was a great way to interact with others doing my course. It helped to see that others had similar questions and it was great to be able to offer help when I could too."



WHO IS THIS TRAINING FOR?

Our students come from a broad range of backgrounds with doctors, psychologists, mental health professionals, midwives, church leaders and non-professional volunteers having undertaken the course. Without exception, they have all valued the high quality of the information and found the format of the training easy to understand and navigate.

If you work or would like to work with women who may be experiencing challenging circumstances or needing some extra support during the perinatal period and you need to know what to say, how to say it, and how to best support them, this course is essential.

The professional counselling skills model framework reinforces the need for support workers to develop empathy and respond to the concerns of women as they experience them.

The course is designed to encourage your reflection on many personal values and beliefs and to that end provides an opportunity for your individual growth and development in other areas of life. For some people, the information in this course will be new. For others it will be a valuable refresher.

Whilst this course is not faith based, faith based groups have found it be a useful education program that complements other faith specific training they may undertake.

COURSE INFORMATION

Our foundation course *Interpersonal Skills in Family Support* is the prerequisite to our other courses. While it is possible to enrol in the other courses, you will not be able to access or print Certificates of Completion without the prerequisite. Concurrent enrolment is allowed.

The knowledge and skills acquired in subsequent courses can be utilised within a professional framework based on effective interpersonal skills. Those who have undertaken communication skills education before have found that the unique way in which our course is structured, combined with reflective activities, provides an added depth to previously acquired knowledge and skills.

Each course has a forum for interaction with other students. All of the modules contain lessons within which you are directed to different readings, literature or websites, followed by reflective activities which encourage you to think deeply and critically about the topics raised. The assessments are a learning tool for you. Selected feedback may be provided, but is not guaranteed unless by prior arrangement with our educators.

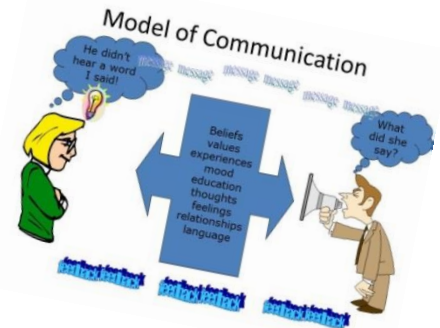
Whilst we provide a variety of readings and resources, we encourage you to read widely on issues pertaining to unintended pregnancy and reproductive health, so that you have a comprehensive understanding of the evidence, the debates, and women's experiences.

FOUNDATION COURSE: INTERPERSONAL SKILLS IN FAMILY SUPPORT

This course is divided into two modules: *Interpersonal Skills* and *Roles and Values*. The course provides an overview of effective communication and introductory counselling skills as a foundation for more advanced consultancy skills and knowledge gained in our other courses.

Topics include:

- Personal and professional communication styles
- Values, beliefs and experiences in relation to effective communication
- Professional and ethical practise issues
- Active listening and reflection skills
- Appropriate empathy



When a woman reaches out for support during the perinatal period it is likely that her situation is complex and will involve many issues in addition to, and which impact on, her experience of pregnancy. There are examples of interactions throughout this module that deal with a variety of life issues, along with examples of pregnancy counselling specific scenarios.

"I was hopeful this course would help me in learning to better understand my women patients. I was pleasantly surprised when I found it helped me communicate better at home too." **Don, GP**

PERINATAL SUPPORT AND ASSESSMENT COURSE



Issues surrounding unintended and challenging pregnancy can be quite polarising in our communities, engendering a wide range of opinions and even heated debate. Strongly held ideology can be a significant barrier to hearing, or understanding the opinions and stories of people who think or believe differently to ourselves. It can be a barrier to hearing the real experience of a client, particularly in the areas of discussion around abortion for example.

This course is designed to encourage you to explore relevant beliefs and values in some depth. It includes research and discussion on teen pregnancy, termination, prenatal testing and domestic violence, providing a professional framework for assessment and consultation.

You may find that your views or beliefs are either challenged or reinforced. In this context is not whether your values and beliefs are intrinsically 'right' or 'wrong' but that you are AWARE in order to fully hear, understand and accept your client's experience of the world.

Topics include:

- Explore personal and professional values and beliefs around sexuality, unintended pregnancy, reproduction and abortion

- Identify the adverse impacts of abortion on women, families and society
- Reflect on the identified needs of women who seek abortion
- Assessment of perinatal depression and anxiety
- Domestic violence awareness and assessment
- Framework for consultation and comprehensive needs assessment for pregnant and parenting women and their partners.

“I’ve done values work before, but not like this. I had to reflect deeply on things I’d always believed. I felt challenged in a great way.”

Susie, Social Worker

SEXUAL HEALTH AND REPRODUCTION COURSE

When working with women during the perinatal period it is necessary to be comfortable and competent discussing often very intimate issues. These include sexuality, sexual health and reproduction.

This course covers a broad range of issues, with research and reading on:

- Sexuality and values
- Reproductive anatomy and physiology
- Fertility, pregnancy, foetal development
- Sexuality and sexual health
- Contraception



Topics with reflective activities include:

- Identifying personal and social values and attitudes towards sexual and reproductive topics, and potential impact on information provision
- Reproductive health
 - Anatomy and physiology of human sexuality
 - Sexual function and dysfunction
 - Pregnancy, birth and contraception
 - Reproductive and sub-fertility issues
 - STIs, HIV and safer sex issues

“I found some of the readings on sexual practises a bit confronting, but I was so glad I’d read them when a client started talking to me about something she and her boyfriend were experimenting with! Not sure how I would have known what she was talking about!”

Mandy, Nurse

‘Having a framework for assessment and use of my skills has been very helpful. Now I can make sure I don’t miss anything important while I’m focussing on the unique needs of my client.’

Vicki, Volunteer

PERINATAL LOSS AND GRIEF COURSE

The Perinatal Loss and Grief Course addresses the experience of grief and loss for both men and women after miscarriage, stillbirth and pregnancy termination. It is a pre-requisite for this course that the Interpersonal Skills in Family Support course be completed first.

At the end of this Perinatal Loss and Grief short course you will have the knowledge and skills to:

- describe different theories of grief
- identify different types of perinatal grief and associated issues
- understand the issues pertaining specifically to men and grief
- carry out a grief assessment
- identify complex grief requiring referral
- identify strategies to support women and men through their grief journey

COURSE ASSESSMENTS

All assessments in our courses are primarily designed as a tool to self-monitor your learning.

Reflective Activities: Throughout the courses, these are designed to encourage you to personally and professionally reflect on the readings, your thoughts, feelings, value and beliefs, and how you might apply this knowledge to your practise.

You are required to complete each Reflective Activity to move through the course. They are not assessed as 'right' or 'wrong', and there is no word limit. No feedback is generally given, unless by prior arrangement with PPRC. For further questions, we encourage you to use the Student Forums.

Skills Assessment Activities: Contained in some modules, these are essentially short quizzes, marked automatically once you submit your answers. Questions are either True/False, Multiple Choice, or a combination. Once you submit them, you are given a score and shown correct answers where necessary. You can re-attempt the skills assessments.

* **Additional Assessment (Optional):** Additional assessment processes may be available or required under an agreement with your organisation, enabling them to purchase assessment tools from us. This requirement will be communicated to you and the specific tasks, including a Case Study, will be explained. You will need to confirm your acceptance of this assessment phase prior to enrolment.

ENROLMENT AND FEES

Enrolment is simple: go to courses.pprc.org.au, set up an account, make your payment by Paypal and get immediate access, and then log in and out at any time during your enrolment period.

Course Fees are \$375 (AUD) per student per course. Remember our foundation course *Interpersonal Skills in Family Support* should be undertaken first, and Certificates of Participation from other courses are dependent on its completion.

For group or multi-course discounted rates, contact our office directly on 02 6059 5550 or via admin@pprc.org.au for payment and enrolment options.

Please note, once you have logged into the actual course NO refunds can be issued, but extensions of time are available.

We look forward to having you join our online study program.