THE Sunlight CENTRE

Mental Health & Support Organisations

Training & Professional Development Catalogue

CLINICAL EXPERTISE. PRACTICAL IMPACT. COMMUNITY PURPOSE.

Practical training that strengthens clinical skills, develops confident leaders and supports quality client care.



sunlightcentre.com.au | 1300 259 724

Clinical expertise - Practical Impact - Community purpose

An introduction to Sunlight and the value of our training and professional development for Leaders, staff and volunteers in and around the mental health & support sector.

The Sunlight Centre

The Sunlight Centre opened its doors in August 2017 to provide free crisis counselling to Teens and Adults at suicide risk and in self-harm distress. Since then, our experienced clinicians have developed practical mental health training and professional development for communities, young people, businesses, organisations and mental health practitioners across Australia.

The Sunlight Centre Training modules are research based, practical, and created by experienced mental health clinicians. Training can be delivered in ways to suit your organisation's structure such as; Live & In-Person Workshops at the Sunlight Centre or at your location, Live & Pre-recorded Webinars for easy access no matter where you and your team are based, and Online Learning Modules that allow your Team to set their own pace of learning.

Why choose Sunlight?

01

Clinician-led

Training developed and delivered by experienced mental health practitioners.
Our facilitators have backgrounds in psychology, counselling and have practical clinical experience as they practice what they teach.

02

Practical by design

Engaging learning and skills participants can apply beyond the session.
Training is research-based, psycho-educational and all participants gain practical skills and tools to support themselves and others.

03

Purpose-driven

Training revenue supports the delivery of free crisis counselling. You not only gain invaluable training for your organisation, but you can also know by choosing the Sunlight Centre you're helping us save lives in our shared community.

Outcomes for your organisation

- ✓ **Strengthen Staff Capabilities, Service Quality & Client Outcomes**

Equip staff, volunteers and leaders with practical, evidence-informed skills and therapeutic tools that strengthen professional confidence, service quality and the support provided to clients.

- ✓ **Meet Professional Development Requirements**

Support organisational training commitments, professional development expectations and relevant contractual or professional learning requirements through structured, high-quality training.

- ✓ **Invest in Your People & Strengthen Retention**

Demonstrate a genuine commitment to employee development through engaging, relevant professional training. Encourage professional growth, job satisfaction, motivation and staff & volunteer retention while keeping skills and knowledge current.

Our Training & Workshops

1 – *The Sunlight Centre Insight Therapy Model (SIT)*

Developed by practising mental health professionals. Tailored to your Support Staff & Volunteers.

COURSE OVERVIEW

An interactive introduction to the Sunlight Centre Insight Therapy Model, a practical and empowering therapy model that has been developed through extensive frontline counselling experience and used within Sunlight's counselling practice. In this interactive and engaging training participants explore the relationship between triggers, personal filters, thoughts, beliefs, emotions, physiological responses and behaviours.

The workshop introduces via the model practical psychoeducational strategies including; externalisation, reflective questioning, Toxic Words and the S.U.N. Action Plan, demonstrating how SIT concepts can be incorporated into therapeutic and supportive conversations across a range of client presentations and by the participants for their own wellbeing.

AUDIENCE

Support staff & volunteers and mental health practitioners who engage with your organisations main target audience in the Support Sector.

DURATION

3 hours

KEY TAKEAWAYS

- Understand the structure, principles and how to apply; the Sunlight Centre Insight Therapy Model.
- Learn how to apply SIT concepts and practical tools to support client self-awareness and therapeutic conversations.
- Participants add more practical tools and skills to their repertoire around emotional regulation, building empowerment and reducing relapse to people experiencing mental health distress.

DELIVERY OPTIONS

Face-to-face at the Sunlight Centre in Morningside or your organisation's premises or delivered live online.

PARTICIPANT RESOURCES

Participants receive a Training Workbook and a pocket guide covering the Sunlight Centre Insight Therapy Model (SIT) and S.U.N. Action Plan.

Foundation & Featured Training

An overview of the foundational and most requested training options for Professional Development.

FEATURED WORKSHOP 01

Understanding Anxiety Disorders: Assessment & Treatment

Understand anxiety beyond the symptoms and strengthen assessment and therapeutic response.

Course Overview

This professional development workshop explores the nature, development and presentation of anxiety disorders, including generalised anxiety, social anxiety, panic disorder and specific phobias. Participants examine assessment considerations, contributing psychological processes and practical therapeutic strategies. Through clinical examples and interactive discussion, the training connects established psychological theory with approaches that can be applied in counselling and mental health practice.

AUDIENCE Mental Health Practitioners / Support Staff **DURATION** 3-hours

DELIVERY Face-to-face at the Sunlight Centre or your organisation's premises or delivered live online.

KEY TAKEAWAYS

- Understand common anxiety disorders, their symptoms and clinical presentations.
- Explore assessment approaches and factors influencing anxiety.
- Identify and apply relevant evidence-informed therapeutic interventions.

FEATURED WORKSHOP 02

Active Listening & Therapeutic Communication

Expand your practical counselling skills through professional instruction, demonstrations and experiential learning

Course Overview

Strengthen practical active listening and therapeutic communication skills. Drawing on Sunlight's frontline clinical experience, participants explore and refresh techniques including Socratic questioning, paraphrasing, reflection, summarising and non-verbal communication. Through practical exercises, participants build confidence in establishing rapport, demonstrating empathy, maintaining professional boundaries and engaging in meaningful, supportive conversations with clients and others with the aim that clients feel; 'Heard, Validated & Professionally Cared for'. Delivered by experienced clinicians with more than 25 years of practice experience, the workshop encourages participants to explore questions and relevant case examples through facilitated discussion.

AUDIENCE Mental Health Practitioners / Support Staff **DURATION** 3-hours

DELIVERY Face-to-face at the Sunlight Centre or your organisation's premises or delivered live online.

KEY TAKEAWAYS

- Refresh and sharpen existing skills: Identify common listening habits and refine techniques to achieve more effective, meaningful conversation.
- Expand your professional toolkit: Gain additional practical strategies for exploring underlying concerns, navigating sensitive discussions and supporting client-led solutions.
- Strengthen conflict resolution skills: Apply practical listening and de-escalation techniques to manage tension, reduce misunderstandings and guide challenging conversations towards constructive outcomes.

Specialist modules & tailored options

Expand your training program with focused workshops, standalone modules and tailored learning.

SPECIALIST MODULE 01

Suicide Risk Assessment, Intervention & Safety Planning

Drawing on Sunlight's extensive frontline crisis counselling experience, this workshop explores recognising and responding to people experiencing suicidal distress. Participants learn practical communication strategies, risk indicators, intervention principles, safety planning and approaches to supporting immediate safety. Training content and depth are tailored to participant roles, including clinical risk assessment for practitioners and recognition, supportive responses and referral for non-clinical participants.

AUDIENCE All **DURATION** 1-hour & 3-hours options

DELIVERY In-person / live / online

KEY TAKEAWAYS Skills in: Risk Assessment, Supportive Engagement & Safety Planning

SPECIALIST MODULE 02

Trauma-Informed & Practitioner Wellbeing

Supporting people affected by trauma requires an understanding of both their experiences and the impact of caring for others. This workshop explores different types of trauma, their effects on behaviour and relationships, and practical trauma-informed approaches to engaging with clients and co-workers. Participants also examine self-awareness, vicarious trauma, compassion fatigue and self-care strategies to protect their own wellbeing while working in support roles.

AUDIENCE All **DURATION** 1-hour & 3-hours options

DELIVERY In-person / live / online

KEY TAKEAWAYS Recognising Signs & Symptoms of the different Trauma types, Self-Care Awareness

SPECIALIST MODULE 03

Therapeutic Mindfulness

Develop practical mindfulness skills to support emotional regulation, psychological wellbeing and therapeutic practice in your workplace and personal life. This interactive workshop explores the principles of mindfulness and their application in counselling and mental health support. Through guided exercises and experiential learning, participants examine present-moment awareness, attention and emotional regulation.

AUDIENCE All **DURATION** 1-hour & 3-hours

DELIVERY In-person / live / online

KEY TAKEAWAYS Practical mindfulness tools and exercises that support emotional regulation, present-moment awareness and reduced self-judgement.

04 / DELIVERY & FLEXIBILITY

Training that works for your organisation

Select a format that suits your people, location, timeframes and learning requirements.

How training can be delivered

01

Face-to-face workshops

Interactive sessions at the Sunlight Centre or your organisation's venue.

02

Live online webinars

Facilitator-led training delivered in real time to remote participants.

03

Hybrid delivery

A combination of in-person participation and live online access.

04

Self-paced learning – *Coming Soon*

Ask us for more details on prerecorded modules for individuals to access at a suitable times.

ADDITIONAL OPTION

Ask us about our; Scheduled / open-enrolment sessions

The Sunlight Centre often runs open Training from our Centre in Morningside and Online that may suit individuals / smaller groups from your organisation.

Tailored to your needs

Programs can be scoped around your audience, preferred learning outcomes and delivery format. A member of the Sunlight Centre team can consult with your organisation's HR rep or similar to create bespoke support workshops that meet the current need of your Team.

Mental Health & Clinical Consultation Services

The Sunlight Centre offers specialist consultation to businesses and organisations across critical workplace incidents, mental health-related return-to-work cases, WHS psychosocial policies and clinical governance.

Drawing on extensive clinical experience, Sunlight provides practical, professional guidance tailored to organisational needs.

Contact Sunlight to discuss your consultation requirements and learn more.

Bring practical mental health training to your Team

Ready to invest in your team's mental health, wellbeing and professional development?

Contact Sunlight to discuss your team's professional development needs. We can recommend individual workshops, combine modules into a tailored training program, or design training around your organisation's specific objectives.

CONTACT THE SUNLIGHT CENTRE

Main Contact: **Ken Loftus – CEO / Clinical Director**

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Visit our Training Page for more information

Acknowledgement & Thanks

Thank you for taking the time to explore the Sunlight Centre's Training Catalogue and for considering supporting its work. All revenue generated through Sunlight's training supports the delivery of free crisis counselling services for teenagers and adults experiencing suicidal distress and self-harm challenges.

Sunlight also acknowledges and sincerely appreciates the valuable contributions of people with lived experience of mental health challenges. Their insights help inform the development of Sunlight's training, therapeutic approaches and Insight Therapy Model, ensuring lived experience remains an important part of its work.