

Making a request to arrange a Reflective Conversation session

Please speak to the Cultural Portfolio Holder (CPH) within your service to request a session. Cultural Portfolio Holders will liaise with VTMH staff about booking a *Reflective Conversation* session.

CPH's will make the request, coordinate and liaise with VTMH staff three weeks prior to the session date.

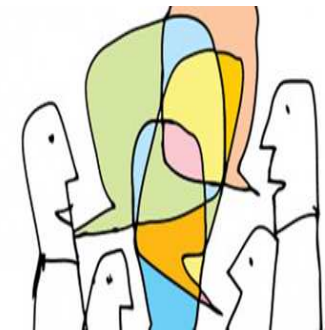
Participants in *Reflective Conversation* sessions are requested to provide feedback to assist with quality assurance of this program.



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Reflective Conversations

Theme based reflective sessions to enhance culturally responsive practice



Victorian Transcultural Mental Health (VTMH)

Enquiries:

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Reflective Conversations sessions

Why did VTMH begin this activity?

In response to feedback received from our 2012 Secondary Consultations, VTMH began offering theme-based sessions titled “*Reflective Conversations*”, for partnership organisations, to enhance practice and knowledge that effectively engage with complex issues in diverse contexts.

Why is VTMH offering this activity in addition to the Transcultural Clinical Discussion (TCD) Service?

TCD (used to be called Secondary consultation) is intended to form part of a continuous learning process to build the capacity of mental health clinicians to implement a culturally responsive framework that can be applied to assessment and intervention.

Whilst TCD sessions are highly relevant, it was noted that the existing design leads to case-specific discussions, and limits the exploration of reflexive dimensions of self; socio-cultural; political; historical and systemic factors from the practitioners perspective.

Reflective Conversations sessions

Reflective Conversations allow a team to reflect on particular challenges or recurrent themes that arise in cultural encounters across diverse backgrounds. These themes will be explored in a dialectical learning process facilitated by VTMH staff and Cultural Portfolio Holders (CPH's) in a safe and supportive environment.

What is involved in Reflective Conversation sessions?

Services will be encouraged to identify broad themes of ethical tension or therapeutic challenges that have been/are experienced in day to day practice.

Themes can be any issue that is of relevance to the service. One might like to consider the following questions as prompts:

- ♦ *How does an organisation/team culture influence our practice?*
- ♦ *What does diversity mean for the workers/team?*
- ♦ *How is power shared between and within teams?*
- ♦ *What conversations do we have with our clients on religion and faith based practices?*
- ♦ *How do practitioners understand their own attitudes, assumptions and beliefs?*

Reflective Conversations sessions

Reflective Conversation sessions run for 90 minutes and will include a maximum of 15 participants.

It is anticipated that these sessions will provide a meaningful and practical way for teams to critically reflect on their practices and how to enhance their understanding of ethical dilemmas and its impact.

What if I have a specific clinical/symptom based enquiry?

Clinicians working with a client that presents with particular complex cross-cultural needs, can access The Transcultural Clinical Discussion (TCD) Service by contacting our external enquiry phone line.

Please see the VTMH website for more information at <http://www.vtmh.org.au/>