

CURRICULUM VITAE

September 2024

HELEN KATHRYN WOODS

BSW, MSW, AMHSW

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PERSONAL DETAILS:

Name : Helen Kathryn Woods, BSW, MSW, AMHSW
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CAREER PROFILE:

A highly experienced mental health professional with 30 years demonstrated employment in the health and community sectors. Proven expertise in the fields of acute health, community-based rehabilitation, and disability, from direct clinical practice and senior leadership roles to broad strategic managerial roles. Tertiary studies to post graduate Masters degree level. Skills consultant to Monash, RMIT and Deakin Universities. Self employed since 2003, applying this comprehensive knowledge and skill set back to the sectors in the form of consultancy (clinical supervision/ reflective practice sessions) to individual clinicians, leaders, and teams. MHSW (AASW) since 2013. AASW Melbourne Branch Management Committee (BMC) VIC member 2016-19.

AREAS OF INTEREST:

- Clinical Supervision
- Leadership Supervision
- Mental Health Clinical Social Work Practice
- Secondary consultation – individual/team
- Facilitation of Reflective Practice forums
- Teamwork – strengthening individual capacity within groups.
- Lifelong Learning within practice
- Service consultancy – organisational development and evaluation
- Integration of practice to context (organisational, theory and policy).

KEY SKILLS:

- Facilitation of critically reflective thinking at individual, team, and organisational levels.
- Client engagement, accurate identification of client needs, working with established goals in focus, working with a framework of review.
- Practice within knowledge of contextual lens.

TERTIARY EDUCATION:

1994 MSW University of Melbourne
1987 BSW Monash University
1985 BA Monash University

PROFESSIONAL ASSOCIATION:

MAASW (Accredited) Australian Association of Social Workers (Accredited membership)
AMHSW (AASW Mental Health Social Worker) 2013-
AASW – Individual Funding Practice Group until 2023
MHPN Mental Health Professional Network

EMPLOYMENT (Professional Referees are available on request)

CURRENT:

2003 - **Self-Employed @ Melbourne Supervision - Promoting Excellence in Practice**
(www.melbournesupervision.com)

Delivering consultancy services for individuals, teams and organisations across the health, community and tertiary education sectors.

Currently providing:

- **External Clinical Supervision (individual) sessions for:**
 - Rural CHC Manager/ SW/ IFSCM @ YDHS (YDHS 2010 -)
 - AMIDA, SARU individual team members (2018-)
 - A Path to Follow – Founder (2020-)
 - YDAS (Youth Disability Advocacy Service) Advocacy Team members (2020-)
 - RIAC (Rights Information and Advocacy Centre) - Advocacy Team members (2020-)
 - City of Melbourne - Library Social Worker (2021-)
 - Alfred Health - Social Worker – Psychiatric services (2021-)
 - Flat Out Team members (2021-)
 - City of Monash - School Focused Youth Service Coordinator (2022-)
 - West Wimmera Health Service -Social Workers (2023-)
 - Peninsula Health HOPE -Senior Clinician (2023-)
 - Orana Health – Founder- (2023-)
 - DeafBlind Victoria – Manager (2024-)
 - DIVRS – Darebin Information Volunteer & Resource Centre -Social Worker (2024-)
- **External Leadership Supervision (Individual) sessions for:**
 - YDAS (youth Disability Advocacy Services) Manager and Coordinators (2020-)
 - FlatOut Manager (2021-)
- **External Clinical Supervision (Group) sessions for:**
 - NWMPHN H2H formerly CAREinMIND/ H2H team, Parkville (monthly 2017 -)
 - AMIDA, SARU teams based at Ross House, Flinders Lane. (4 weekly 2018 -)
 - Glen Waverley Secondary College - Wellbeing Team (monthly 2018-)
 - YDAS Advocacy Team Clinical Review (monthly 2020-)
 - SEMPHN Intake and Referral Team (monthly 2024-)
- **External Leadership Supervision (Group) sessions for:**
 - City of Dandenong and Casey MCH Coordinators (monthly 2021-)

Previously provided:

- External Clinical Supervision (individual) sessions for:
 - WEAC (Waverly Emergency Adolescent Care) (2010)
 - Jewish Aid Australia employed SW (2012)
 - CRS (Commonwealth Rehabilitation Service) employed SW (2013-14)
 - Headspace employed SW (2014-15)
 - Education Department employed SW (2013-15)
 - Western Health Nurse/ Case manager employed in acute setting (2013-2015)
 - CASA (Centre against Sexual Assault) employed SW (2014-15)
 - Private MH hospital (acute) SW (2015-16)
 - RMIT Mental Health Legal Centre SW (CBD) (2016)

- **Local Government Youth Development Workers** (Knox) (2014-16)
- **Alzheimer's Australia SW** (Hawthorn 2016-17)
- **Department Justice and Regulations SW** (CBD 2015 -18)
- **Local Government Social Worker** (Port Phillip 2018)
- **Community Health (Connect) Senior Practitioner** (2018 – 2019, 2020-21)
- **Local Government Senior Youth Worker** (Monash 2015 -19)
- **Education Wellbeing Coordinator** (Tertiary 2018 -2019)
- **Education Wellbeing Coordinator** (Public Secondary School 2017 -2019)
- **Rural Acute Hospital** employed SW (Hume hx 2005, again 2015 -2019)
- **Community Health (Connect) Youth SWs x 2** (2017 -20)
- **DVA** employed SW (CBD 2015 -2021)
- **Palliative Care South East** – Social Worker (2020)
- **Rural Community based MH SW** via telehealth (Mildura 2016 -2021)
- **Office Public Prosecution** Social Work Manager (2018 -2021)
- **Merri Health** Community Connector (2021)
- **Monash Health Social Worker - HOPE** (2021-22)
- **Local Government City of Frankston** Assessment and Services (2012 -2022)
- **Aust Fed. Police** MHSW (Hx Corrections) (2015 - 2022)
- **Family Violence Practitioner** self- employed SW (2017 - 2022)
- **ACON** MHSW State-wide LGBTIQ counsellor NSW (2019 -2022)
- **City of Monash** Senior Project Officer, Children, Youth & Family Services (2015-2018 then 2021-2022)
- **ARC** Disability Services – Social Worker (2021-2022)
- **NDIS** Support Coordinator – MHSW (2021-2022)
- **Community Health Connect** - SW (2022-2023)
- **After Care** Lead practitioner hx MIND Australia Senior MH practitioner (2019-24)
- **External Clinical Supervision (group) sessions for:**
 - **Western Health HARP Consortium** Complex Needs Team(s) @ WRCS Footscray and ISIS Watergardens (Monthly 2006-10)
 - **Western Health Consortium HARP.** Facilitated monthly reflective practice forums for clinical teams. Fortnightly chair of case conferences for clinicians working with complex and / or chronic health and psychosocial issues (2006-2010)
 - **Melbourne Sexual Health Clinic** (MSHC) Alfred Health, Carlton (Monthly 2015-16)
 - **Bethlehem Hospital** -neurological, palliative, community rehabilitation, Elsternwick SW team (Monthly 2016)
 - **Port Phillip Housing Association (PPHA),** St Kilda – Reflective Practice sessions (monthly 2015 - 8)
 - **NWPHN** Care Navigators – Parkville (Monthly 2018)
 - **Deakin University,** Sessional Tutor – **facilitation** of Online “Collaborative Practice in Healthcare” Unit (annually 2014-2018)
 - **City of Frankston MCH** Universal nurses (monthly Group Clinical Supervision sessions) (2016 -2020).
 - **NWMPHN** Suicide Prevention team, Parkville (monthly 2019 -2020)
 - **Shakti** Migrant and Refugee Women’s Support Group (family violence), Melbourne Inc (fortnightly 2014 -2020).
 - **NWMPHN** GP Support, Parkville (monthly 2021-21)
 - **CGD City of Greater Dandenong** Maternal and Child Health (MCH) - Universal and Business Support teams (Monthly 2017 -2022)
 - **Psychphys** Behaviour Support Team (monthly 2020-2024)
 - **Qlife** Clinical Supervisors Group sessions (monthly 2020-2022)
 - **RIAC** Advocacy teams (monthly 2020-2023)
 - **MCM** Melbourne City Mission Living Learning Team (monthly 2022-2024)
 - **RMIT** Graduate Certificate in Career Education and Development. Annual **facilitator** of Counselling Workshop. Framed within Narrative approach, requires students to role play their counselling skills within larger group. Facilitator

- creates supportive learning environment and promotes opportunities for reflection through Narrative lens (annually since 2008 - 2022)
- **Monash University, Dept Social Work**, Caulfield. Sessional Tutor. Multiple roles include: BSW, MSW, on campus and DE students. Skills tutor, individual and group clinical supervision, fieldwork liaison, assessment, curriculum development, Course Coordinator and Lecturer – Health. Sessional tutor Health and Mental Health Unit. (2003 -). Guest Lecturer – Leadership in SW (2003-2021)
 - **Child Wise** – Senior Advisors (monthly 2021-2023)
 - **Previously provided external Leadership Supervision (Individual Sessions):**
 - **After Care** Lead practitioner hx MIND Australia Senior MH practitioner (2019-2024)
 - **West Wimmera Health Service WWHS-** Social Work Lead Practitioner (2022-24)
 - **City of Casey MCH** – Team Leaders, Enhanced MCH (monthly 2021-2022)
 - **Child Wise** Heads and Principals (monthly 2021-2023)
 - **HeadSpace MHSW** then Clinical Lead (2014-15 then 2020-2022)
 - **QLife** National Coordinator (2020-21)
 - **Bethlehem Hospital SW** Gr 3 (2020)
 - **Education Wellbeing Coordinator** (Private Secondary School 2018 -2020)
 - **Bethlehem Hospital SW** (Gr 3) (Elsternwick 2016 -8)
 - **Previously provided Disability Advocacy services** – counselling, resourcing, creating access to information and resources for a client living with chronic illness Multiple Sclerosis, navigating the disability/ aged care service system. Private contract EFT 0.2/week (2011 - 2019).
 - **External Consultancy services for:**
 - **FlatOut** Outreach Team Planning Day – Facilitation (2023)
 - **QLife** Steering Committee Planning day – Facilitation (2021)
 - Development of **SEDA** –Student Assessment and Referral Service (Dec 2013 – Jan 2014)
 - Design, implementation and evaluation of a **“Creating a Vision Workshop”** designed for a team requiring re-establishment of operational goals and practice – **City of Frankston** (2013)
 - Design, implementation and evaluation of a **“Working with Aggression Workshop”** for **Yarram Community Health Centre** (2013)
 - **Western Health** HARP Consortium Chair of Psychosocial Team (fortnightly) Case Conference (2006-2010)
 - Design, implementation and evaluation of **“Managing Resistance Workshops”** for **Bethlehem Hospital**, Social Work team (2010)
 - Design, implementation and evaluation of a **“Self Care Workshop”** for **Peninsula Health** (2010)

PREVIOUS EMPLOYMENT:

- 2017- 2024 **THH Clinical Supervisor – Thorne Harbour Health (formerly VAC Victorian Aids Council) 0.2 TSCB Therapeutic Services and Capacity Building** – includes General Counselling, AOD Services and Family Violence Teams:
- Clinical supervision of Counselling, AOD and Family Violence team members.
 - Clinical Supervision for therapeutic group facilitators.
 - Clinical Supervision Group for Clinical Supervisors
 - Peer Review and Intake and Ax/ AOD Team Reflective Practice facilitation
 - Clinical Supervision Group for Pronto team members (Peer led Trans and Gender Diverse health service)
- 2008 – 2009 **Research Officer - Family Facilitation Pilot Project, Western HARP.**
 Researched the impact of provision of family therapy services to patients living with chronic disease. Single case study design described the outcomes of extending this unique service to clients living in lower socio-economic regions of metropolitan Melbourne. Research resulted in regular family therapy service now accessible by Western Health patients. Explored the skill set of clinicians working with families experiencing multiple challenges.
- 2004 **Project Support - Western Health Consortium HARP (Hospital Admissions Risk Program).**
 Complex Needs Project. (4 months, 0.6 EFT)
 Support role to the start up of an innovative program targeting clients at risk of presenting to Hospital Emergency Departments (ED).
- 2000 **Consultant RVIB - Royal Victorian Institute for the Blind (now Vision Australia)** Provision of support and consultancy to individual staff experiencing a grievance. Follow up report to executive level.
- 1998 - 1999 **Manager - Rural Services, RVIB**
 Management of state-wide team working with clients and their families. Clinical leadership, planning and development role within leadership team. Operations, evaluation, policy analysis and review, establishment of standard practice departmental policies, development and implementation of best practice policies.
- 1997 Travel within South & Central America, Antarctica, Pakistan and India
- 1993 - 1996 **Team Leader and Senior Social Worker, RVIB**
 Management of Western metropolitan Melbourne and Western Regional Victoria multidisciplinary clinical services team. Responsible for clinical supervision, planning, implementation, development and review of service delivery to clients and their families. Koori Interest Group (Chair). Research Committee (Chair)
- 1991 - 1993 **Social Worker (GR2) Neurological Unit, Royal Talbot Rehabilitation Centre - Austin Hospital**
- 1988 - 1990 Independent travel in Europe, USA and Asia
- 1989 - 1990 **Social Worker, London Borough of Brent, UK**
- 1989 Servant UK; Residential Social Work London; Camp America USA
- 1987 - 1988 **Social Worker (GR1), RVIB**

PROFESSIONAL ASSOCIATIONS

AASW Australian Association of Social Workers

AASW Branch Management Committee (Victoria 2016-2019)

AASW Individual Funding Practice Group (until 2023)

MHPN Mental Health Professional Network

CONFERENCES / WORKSHOPS ATTENDED:

- 2023 LGBTIQ+ Women's Health Conference
- 2023 Mental Health Super Summit
- 2023 ACT Repetitive Negative Thinking – Russ Harris - Contextual Consulting
- 2022 Compassion Training for Health Care Workers – Debbie Ling and Craig Hassard Monash University
- 2022 Trauma Three Phased Approach: Safety and Stabilisation – Peter Streker - Blue Knot Foundation
- 2022 ACT and Grief – Ray Owen - Contextual Consulting
- 2022 Peer Supervision Webinar - ACAP
- 2021 Mental Health Summit – Sensorimotor Psychotherapy – Pat Ogden “The Role of Body in Couple Therapy”
- 2021 ACT Worrying Ruminating Obsessing ACT Russ Harris
- 2021 Emotional Intelligence EQ – Lisa Harris – AASW
- 2020 SHAPE: How to deliver high quality ACT supervision: Eric Morris and Linda Nicholson, Webinar Oct.
- 2020 International Federation of Social Work Global Agenda – Co-Building Social Transformation, Online July 15-19
- 2020 ISTDP (Intensive Short Term Dynamic Psychotherapy) MCEC, Melbourne
- 2019 Trauma informed Practice, AASW North Melbourne.
- 2019 ACT and Psychosis, Eric Morris, Melbourne
- 2018 “Narrative Therapeutic Approach” PDP, Melbourne
- 2018 LGBTI Women's Health Conference, Melbourne
- 2017 “Making Visible the Politics of our Work – Creating Practices to Address Injustices” Vikki Reynolds June 1 and 2
- 2016 “Exploring Narrative Approaches to Supervision” Shona Russell Melbourne November 10 and 11
- 2016 “Advanced ACT (Acceptance and Commitment Therapy) - Training for Depression and Anxiety Workshop”, Russ Harris Melbourne October 12 and 13
- 2016 “Legal and Ethical Aspects to Suicide Risk Assessment” Carmen Betteridge Suicide Risk Assessment Australia, Melbourne, August 26

- 2016 "Skilful use of mindfulness in therapeutic work with clients and individual practice" – Gabrielle Perversi, AASW, North Melbourne, April 22
- 2016 Mindful Stress Reduction Course – Dr. Richard Chambers, Clinical Psychologist, Mindfulness Consultant, Richmond, February – April (weekly)
- 2015 AASW National Symposium, Sydney November 27 and 28
- 2015 Advocacy Sector Conversation Forum 3 (DARU Disability Advocacy Resource Unit) QV Centre Lonsdale St Melbourne October 22
- 2015 "Mindfulness Training" Workshops May, August, November
- 2015 "Trauma Informed Family Sensitive Practice" –The Bouverie Centre, La Trobe University, May 26
- 2015 "EO and the Charter for Disability Advocacy" Carlton VEO&HRC, May 19
- 2015 "Supervision and State of Being" Level Two – Jane Wexler, Melbourne Zoo March 26 -27
- 2014 Barwon Disability Advocacy Network(BDAN) Conference, Geelong December 4
- 2014 "Champions of Change- Strengthening Disability Advocacy Conference", Melbourne Park Function Centre, August.
- 2014 "Mindfulness Training" Workshops - Melbourne Meditation Centre – July, August.
- 2014 "ACT in ACTION". Presented by Mary Sawyers PDP Seminars 2 day Workshop, Mantra on Russell Hotel, Melbourne- March
- 2013 "Advances in Clinical Supervision, Innovation and Practice Conference". The NSW Institute of Psychiatry, UTS, Ultimo, Sydney
- 2013 AASW Rural and Remote Social Work Conference, Inverloch
- 2010 'Practice Makes Perfect' Masterclass for Social Workers in Counselling and Private Practice, Geelong
- 2008 Chronic Disease Self Management (CDSM) Conference, Hilton Hotel, Melbourne 2008 "Family Facilitation and Chronic Disease", Melbourne with Manel Halliday (Family Therapist).
- 2007 Happiness and its Causes Conference, Sydney
- 1998 Case Management Conference, Brisbane
- 1996 National Federation of Blind Citizens of Australia (NFBCA) Conference, Perth
- 1996 Supervision Training 4 x 1 day Workshop - Susan Lewis, Melbourne
- 1995 AASW State (Vic) Conference, Melbourne
Presentation - Workshop "Couples and Vision Impairment"
- 1994 Rehabilitation Conference, Melbourne
Presentation - "Psychosocial Vision Impairment Group Programs"

VOLUNTARY POSITIONS:

- 2024 - Lynden Aged Care, Consumer Advisory Committee
- 2020 - Yalukit Wilam Nature Reserve, Volunteer – Plant Lab, Birding surveys, working bees
- 2016 - 2019 AASW Victorian Branch Management Committee
- 2014 - 2015 GESAC Netball Boosters, Team Manager
- 2012 Caulfield South Netball Association, Team Manager
- 2009 - 2016 Fairhaven SLSC Nipper Program, Age Group Leader
- 2005 - 2014 Elwood Primary School, Class representative
Stephanie Alexander Kitchen Garden Program, Volunteer
- 2003 - 2009 St Kilda Kinder - Volunteer
- 1999 - 2004 Elwood Playgroup, Parent Committee
- 1999 - 2002 Australian Breast Feeding Association, Local Group Volunteer
- 1996 Australian Polish Community Services (APCS)
Secretary, Committee of Management