



Victorian Transcultural MENTAL HEALTH

*Working together to innovate in mental health care
to support the well-being of all Victorians because diversity matters*

Reflective Conversations

Available to partner organisations as a component of the Partners in Diversity program

WHAT IS A REFLECTIVE CONVERSATION?

Reflective Conversations are team-based discussions, facilitated by VTMH staff and Cultural Portfolio Holders (CPHs) in a safe and supportive environment. The sessions follow a dialectical learning process and provide teams with the opportunity to reflect on particular challenges or recurrent themes that arise in cultural encounters across diverse backgrounds.

Reflective Conversations sessions assist teams to critically reflect, discuss ethical dilemmas and explore their practice.

- How can we explore the mental health experiences of consumers in more culturally sensitive ways?
- What personal and professional perspectives do we bring to these conversations about gender roles in families?
- Are we comfortable discussing our own cultural views and racial biases?
- How do we acknowledge the cultural identities of individual team members and negotiate professional differences?

These are some of the challenges and recurrent themes that concern practitioners in their work with consumers and with each other.

Many years of conducting cultural responsiveness training and providing teams with Cultural secondary consultation sessions has shown that practitioners also need forums to explore culturally responsive practices.

Mental health practitioners need knowledge and skills in cultural responsiveness and access to resources. They also need the confidence and safety to put ideas into practice as team members, as supervisor-supervisees and with consumers and families.

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

HOW TO ARRANGE A REFLECTIVE CONVERSATION

This initiative is available to staff in services that are currently, or have previously been in an organisational partnership with VTMH. To arrange a session, speak to the CPH based at your service. Allow about 3 weeks to request, coordinate and plan the session.

Reflective Conversations

Available to partner organisations as a component of the Partners in Diversity program

ABOUT VICTORIAN TRANSCULTURAL MENTAL HEALTH

Victorian Transcultural Mental Health (VTMH) aims to strengthen the capacity of organisations to address inequity in mental health service provision and improve the mental health, social and emotional wellbeing of culturally diverse individuals, families and communities.

WHAT DOES VTMH OFFER?

Our team works across the state of Victoria delivering services in line with four program areas. In addition to the Workforce Education and Practice Support program area, our other program areas are:

- Organisational development
- Community engagement
- Research, evaluation and projects

FURTHER INFORMATION

For more information please visit our [website](#) or contact us by phone or email to speak with an Education and Service Development Consultant.

VTMH is funded by the Mental Health, Drugs and Regions Division of the Victorian Department of Health and Human Services and administered by St Vincent's Hospital, Melbourne.

Victorian Transcultural Mental Health (VTMH)

Level 1 Bolte Wing (Building F)
St Vincent's Hospital, Melbourne
14 Nicholson Street, Fitzroy

p. (03) 9231 3300

w. www.vtmh.org.au

e. vtmh@svha.org.au

