



Brett Bridges
Consultancy & Counselling
ABN: 96470116269

Brett is a practising mental health nurse, private mental health consultant, educator, trainer and therapist. His extensive experience includes the specialist fields of personality disorder, acute mental health, complex care, forensic mental health, alcohol and other drugs, intellectual disability and corrections. He has previously held senior clinical roles at Spectrum (Personality Disorders Service for Victoria) and Forensicare.

Brett has demonstrable success in consulting to complex care situations, supporting systemic interventions that enhance recovery focused and trauma informed approaches. This includes working with large care teams facing complex care issues and significant risk challenges, assisting in the formulation and planning of targeted client and systemic interventions. Brett is highly skilled in engaging multiple service providers and in addressing systemic anxiety, dysfunction and paralysis.

Services offered include: education, training, consultation, supervision and primary intervention. This includes facilitation of group and individual supervision sessions, utilising a reflective and exploratory practice framework. Recovery orientated practice, trauma informed care and a variety of therapeutic models underpin Brett's consultative and supervision work.

As a trainer and educator, Brett has developed and delivered multiple workshops and educational programs covering the following subject areas:

- ***Working effectively with people experiencing personality disorder***
- ***Recovery orientated risk management***
- ***Enhancing complex systems relationships***
- ***The function of effective formulation in complex care***
- ***Working effectively with BPD and ABI***
- ***Working effectively with BPD and Eating Disorder***
- ***Complex care planning / Coordination planning***
- ***Trauma informed principles and approaches***
- ***Assessment, treatment and support planning***
- ***Recovery focused crisis intervention***
- ***Reflective practice***
- ***Self-awareness & self-care***
- ***Health promotion***
- ***Mental health presentations***
- ***AOD & Mental Health***

Brett has co-authored and delivered several papers and workshops at conferences and is a co-author in the complex presentations chapter of Borderline Personality Disorder – Towards Effective Treatment (2010), Spectrum. Since 2016 Brett has partnered with Associate Professor Andrew Carroll (Forensic Psychiatrist) in the development and delivery of a suite of specialised workshops and training webinars for mental health and non-mental health organisations under the name of Our Curious Minds.

Brett is contactable via: Ph: 614 3333 0395 E: brettb370@gmail.com

Our Curious Minds : www.ourcuriousminds.com E: enquiries@ourcuriousminds.com