



Victorian Transcultural  
MENTAL HEALTH

## 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 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.

### Eligibility criteria

As a minimum, a referrer must complete all the online learning modules on our website (after discussion with VTMH) and at least 1 senior clinician or manager from the referring service should be involved and actively participate.

### 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, contact VTMH on (03) 9231 3300 or email [vtmh@svha.org.au](mailto:vtmh@svha.org.au). Allow about 3 weeks from the request to coordinate and plan the session.