

University of
Hertfordshire



**Centre for Mental Health Recovery
Training and Education Programme**
Spring / Summer 2009



School of Social,
Community and Health Studies

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Introduction

Welcome to our new look brochure which offers training courses from January to July 2009.

We are funded to provide training to staff and volunteers **working in Hertfordshire**, who work with **adults OF WORKING AGE** with **drug, alcohol and / or mental health problems**. Many of the courses are open to service users and carers too. If you have any queries about a particular course please contact Sue Hahn (details overleaf).

All the courses advertised in this Training and Education programme are compliant with aspects of Standards for Better Health C5, C13 and C22, and NHS Litigation Authority Standards.

Applications must be supported by a relevant Mental Health or Substance Misuse organisation. Service users/carer applicants also need to have their applications endorsed by a support organisation. This is to ensure course participants are supported externally as the courses we provide may raise emotive issues and may affect applicants personally.

The cost of providing these courses continues to rise although they remain free to staff working in Hertfordshire. **In order to reflect the value of these courses and maximise the funding received, the University will charge a non-attendance/cancellation fee of £25 unless 5 working days notice prior to the start of the course has been received. It is your responsibility to sign in when attending courses to avoid being charged for non-attendance.**

THIS DOES NOT APPLY TO SERVICE USERS AND CARERS

Please note that funding does not allow us to send brochures to individuals. We send brochures to organisations, and the programme is also available on line via the University of Hertfordshire website: www.herts.ac.uk follow this link:

<http://herts.ac.uk/courses/schools-of-study/social-community-and-health-studies/centre-for-mental-health-recovery.cfm>

Please do not assume you have a place until you receive confirmation, which will be sent to you no later than four weeks before the course commences.

In addition to the courses listed in this booklet we welcome requests to run on-site training events and facilitate team days.

NB: We are concerned that not all courses are fully attended. Please make sure you are able to attend before applying. Confirmation of your place will normally be sent out no later than 4 weeks before the course commences. Please note a non attendance/cancellation fee of £25 will be charged unless 5 working days notice prior to the course has been received.

The Centre for Mental Health Recovery

Name	Role	Contact details
Sue Hahn	Senior Lecturer, Mental Health	Tel: 01707 286489 s.e.hahn@herts.ac.uk
Julia Fleming	Drug and Alcohol Training Co-ordinator	Tel:01707 286487 j.fleming@herts.ac.uk
Sonya Levin	Senior Lecturer, Mental Health	Tel: 01707 284490 s.levin@herts.ac.uk
Alison Wigginton	Team Administrator	Tel:01707 284951 a.wigginton@herts.ac.uk
Liz Brabrook	Administration Assistant	Tel 01707 289418 e.a.brabrook@herts.ac.uk
Christine Bennett	Administration Assistant	Tel 01707 289434 c.a.bennett@herts.ac.uk

The Centre is part of the School of Social, Community and Health Studies at the University of Hertfordshire and the postal address is:

The Centre for Mental Health Recovery
 School of Social, Community and Health Studies
 Room G166 CP Snow
 University of Hertfordshire
 College Lane
 Hatfield
 Herts AL10 9AB

Telephone: 01707 284951

Fax: 01707 285399 **Please note this is a new fax number**

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HOW TO APPLY

Once you have found a course that meets your requirements, please follow this procedure:

1. Please photocopy the application form and complete.
2. **You and your manager/support representative sign the form. To make block bookings, i.e. book for up to 3 people from the same team onto the same course, please provide name and job title for each person.**
3. Send the form to the Administrator at The Centre for Mental Health Recovery (address at bottom of application form). Please note the closing date for each course is six weeks prior to each course as indicated on the course information sheets.
4. Places are allocated once your application form has been received and are on a first come, first served basis. Places will **NOT** be allocated over the telephone. Please do not assume you have a place until you receive confirmation. Many courses fill up very fast after the issue of a new brochure.
5. You will normally be informed no later than four weeks before the course commences. If you **DO NOT** receive confirmation at this time, then please contact the Administrator.
6. If the course is over-subscribed you will be informed and offered an alternative date if available. Also we will endeavour to put on an extra course.
7. **If you have to cancel your application, or cannot attend a course, please discuss this with your manager and let the Administrator at The Centre for Mental Health Recovery know as soon as possible.**

Please note if less than 5 working days notice is given prior to the course a £25 cancellation/non attendance fee will be charged.

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THE CENTRE FOR MENTAL HEALTH RECOVERY COURSE APPLICATION FORM

(Please photocopy and return to address below)

PLEASE PRINT CLEARLY

Course Title and Date	
Venue	
Name	
Organisation & Team	
Job Title	
Full Postal Address (for course confirmation)	
Post Code	
Telephone No.	
Mobile no.	
E-mail	
Please tick box if relevant Disability requirements – specify <input type="checkbox"/> Special dietary requirements – specify <input type="checkbox"/> If you have transport problems please contact us	
Manager's comments in support of nomination. I support the above application and agree to release the applicant to attend the training activity. I agree to pay a fee of £25 for <u>cancellation/non attendance</u>, if 5 working days notice is not given. Manager's /Support Representative's signature: _____ Date: _____ Manager's Name (Please print)	
Nominees signature: _____ Date: _____	

Please return to:

**Administrator, The Centre for Mental Health Recovery
Room G166 CP Snow, University of Hertfordshire, College Lane, Hatfield Herts, AL10 9AB**

Tel: 01707 284951, Fax: 01707 285399 (**Please note new fax number**)

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Animal Assisted Therapy

Participants:

People with a lived experience of mental distress, staff and volunteers.

Aim:

This course aims to develop awareness of the nature and potential applications of Animal Assisted therapy (AAT).

Learning Objectives - by the end of the course you will have:

- Have enhanced knowledge of the origins and development of AAT.
- Have developed awareness of the range and types of Animal Assisted therapies.
- Have examined the prevailing theories underpinning AAT and the related research.
- Have considered the ethical issues related to the use of animals as therapeutic supports.
- Have considered the practical and potential health and safety issues associated with AAT.

Date and time	Venue	Facilitator
Friday 30 January 2009 09.30 – 16.30 Closing Date: 2 nd January 2009	Red Lion, Hatfield	Bernie Graham, BA MSc FRSM Mental Health Support Training & Consultancy

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

Application Procedure: Please discuss with your manager, complete the application form by the closing date and return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166, CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts., AL10 9AB

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An introduction to Understanding and Working with People who are Suicidal

Participants:

People with a lived experience of mental distress, staff and volunteers.

Aim: This course aims to develop understanding of risk factors associated with suicide and ways of working with people who express suicidal thoughts within the philosophy of recovery based practice.

Learning outcomes - by the end of the day you will:

- Be aware of current national and local policies relating to suicide prevention
- Understand what to look for when assessing suicide risk
- Have greater understanding of effective ways of working with people who express suicidal thoughts
- Have greater awareness of the impact of suicide on families.

Website: www.NICE.org.uk

Date and time	Venue	Facilitator
Monday 2 nd March 2009 09.30-16.30 Closing date: 20 th January 2009	Homestead Court, Welwyn Garden City	Sue Hahn Senior Lecturer, Mental Health & Mental Health Service User or Carer (name to be confirmed)
Thursday 21 st May 2009 09.30 – 16.30 Closing date: 9 th April 2009	Stevenage Leisure Centre, Stevenage	Sue Hahn Senior Lecturer, Mental Health & Mental Health Service User or Carer (name to be confirmed)

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

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An Introduction to Understanding and Working with People who Self Injure

Participants:

People with a lived experience of mental distress, staff and volunteers.

Aim: This course aims to develop understanding of self harm, risk factors associated with it within a context of recovery based practice.

Learning objectives - by the end of the day you will:

- Understand the difference between suicide and self harm
- Have greater understanding of factors associated with self harm
- Have greater understanding of the experience of self harm
- Understand recovery based practice in the context of working with people who self harm

The course relates to the following Drug and Alcohol National Occupational Standards (DANOS).

AA1.1: Recognise indications of substance misuse

AA4.1: Promote people's rights and responsibilities

AB1.2: Support individuals in times of distress

Websites: www.nihme.org.uk / www.selfharmuk.org / www.nshn.co.uk www.NICE.org.uk

Date and time	Venue	Facilitator
Monday 26 th January 2009 09.30-16.30 Closing date: 22 nd December 2008	Stevenage Leisure Centre, Stevenage	Sue Hahn Senior Lecturer, Mental Health & Mental Health Service User or Carer (name to be confirmed)
Monday 11 th May 2009 09.30 – 16.30 Closing date: 30th March 2009	Red Lion, Hatfield	Sue Hahn Senior Lecturer, Mental Health & Mental Health Service User or Carer (name to be confirmed)

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, e-mail: a.wigginton@herts.ac.uk

Application procedure:

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Assertiveness Skills Workshop

Participants:

People with a lived experience of mental distress, staff and volunteers.

Aim:

To enhance participants' skills in Assertive behaviour and communication.

Learning Outcomes:

By the end of the day you will:

- Have developed awareness of Aggressive, Assertive and Passive modes of behaviour and communication.
- Have considered personal issues and situations that may prevent effective and balanced communication.
- Have enhanced awareness of our primary communication tools: body language and voice.
- Have considered cultural, gender and sex issues that may affect our potential for balanced and effective communication.
- Have increased knowledge of a range of practical Assertiveness techniques.
- Have developed a personal action plan for utilising assertiveness in your day to day life.

Website: www.NICE.org.uk

Date and time	Venue	Facilitator
Tuesday 28 th April 2009 09.30 – 16.30 Closing date: 10 th March 2009	Red Lion, Hatfield	Bernie Graham, BA MSc FRSM Mental Health Support Training & Consultancy

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, Email: a.wigginton@herts.ac.uk

Application procedure:

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Cannabis

Participants:

The course is for people with a lived experience of mental distress, and staff working with people with substance misuse problems who wish to update their knowledge in relation to cannabis.

Aim:

To increase confidence in working with this issue

Learning Outcomes:

- Increase knowledge and awareness of the issues relating to cannabis
- Increase knowledge of how cannabis is used and the effects upon individual's physiology and neurology.
- Understand the possible effects on health.

This course relates to the following Drug & Alcohol National Occupational Standards: (DANOS)

AA1:	Recognise indications of substance misuse and refer individuals to specialists
AA2:	Relate to, and interact with, individuals
AA4:	Promote the equality, diversity, rights and responsibilities of individuals
AB2:	Support individuals who are substance users
AC1:	Develop your own knowledge and practice
AD1:	Raise awareness about substances, their use and effects

Date and time	Venue	Facilitator
Wednesday 4 th February 2009 09.30 – 16.30 Closing date 2 nd January 2009	Red Lion, Hatfield	Tony D'Agostino Freelance Trainer
Friday 24 th April 2009 09.30 – 16.30 Closing date 13 th March 2009	Stevenage Leisure Centre, Stevenage	Tony D'Agostino Freelance Trainer

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

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Creative Therapies

Participants: People with a lived experience of mental distress, staff and volunteers.

Aim: This course provides an introduction to the main creative therapies used in care settings nationally.

Creative therapies covered include:

- Art therapy
- Drama therapy
- Music therapy
- Dance movement therapy

This course will explore the therapeutic value of the creative process drawing on published case studies and clinical examples using a combination of group work, individual exercises and presentations.

Learning Outcomes:

To gain an understanding of the therapeutic nature of the creative process for the client, the power of non-verbal communication in the context of helping relationships and the principles and practices of creative therapies with different groups.

Websites: www.NICE.org.uk

Date and time	Venue	Facilitator
Thursday 29 th January 2009 09.30-16.30 Closing Date: 2 nd January 2009	Campus West, Welwyn Garden City	Sonya Levin Senior Lecturer, Mental Health
Tuesday 5 th May 2009 09.30 – 16.30 Closing date: 24 th March 2009	Stevenage Leisure Centre, Stevenage	Sonya Levin Senior Lecturer, Mental Health

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

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Cultural Competencies

Participants: For all staff (within Mental Health services) who wish to develop their knowledge and understanding of dealing effectively with cultural differences.

Aim: To ensure needs are met through cultural appropriateness and sensitivity

Learning Objectives –

- To have a good understanding of the definition of culture and its link to other equality strands
- Recognise stereotyping and cultural assumptions and its effect on service delivery
- To acknowledge how cultural factors and personal values can affect judgements and decision within any Mental Health related process
- To develop strategies in challenging effectively and redressing inequality
- Identify good practices in responding to cultural needs

This course relates to the following National Occupational Standards in mental health: (MHNOS)

A4 Promote effective communication and relationships

A4.1 Develop relationships with people which value them as individuals

A4.2 Establish and maintain effective communication with people

D4.1 Identify individuals' needs and circumstances

E1.1 Obtain information about individuals and their needs of the service

E1.2 Contribute to planning how individuals' needs can best be met

E1.3 Agree services to be provided to meet individuals' needs

E4.2 Explore and agree strategies for meeting individuals' needs and circumstances

E4.3 Determine and secure resources to implement agreed strategies to meet individuals' needs and

Circumstances

G11.2 Enable people to participate in social, educational, economic and cultural activities and networks

Promote people's equality and respect for diversity

O9.1 Recognise people's diversity

O9.2 Promote equality of opportunity and access to services

O9.3 Challenge discrimination, prejudice and oppressive behaviour

Date and time	Venue	Facilitator
Thurs 12 th March 2009 09.30-16.30 Closing Date: 30th January 2009	Radlett Centre, Radlett	Sneha Khilay Blue Tulip Training

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax: 01707 285399 or e-mail: a.wigginton@herts.ac.uk

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Drug and Alcohol Awareness

Participants:

This course is for all service users, carers and staff in Hertfordshire with little existing knowledge of the impact and effect of substances.

Aim:

To provide a basic knowledge of the commonly used drugs, including their effect and legal status.

Learning Outcomes

At the end of the training participants will:

- Explore stereotypes associated with drug use
- Have greater knowledge of commonly used drugs and methods of use
- Have greater understanding of risks associated with drug use
- Have an understanding of the key principles of working with people who misuse substances and ways in which to engage them

The course relates to the following Drug & Alcohol National Occupational Standards (DANOS)

AA1.1 Recognise indications of substance misuse

AA4.1 Promote people's rights and responsibilities

AA3. Enable individuals to find out about services and facilities

AC1.1 Reflect on and evaluate your own values, priorities interests and effectiveness

Date and time	Venue	Facilitator
24 th February 2009 09.30 – 16.30 Closing date: 13 th January 2009	Red Lion, Hatfield	Julia Fleming Drug & Alcohol Training Co-ordinator
Tuesday 12 th May 2009 09.30 – 16.30 Closing date: 31 st March 2009	Goldsmiths Management Centre, Letchworth	Julia Fleming Drug & Alcohol Training Co-ordinator

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

Application procedure:

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Dual Diagnosis - Advanced

Participants:

This one-day course is for staff members from any agency in Hertfordshire who work with people with a dual diagnosis.

Aims: To look at the issues of advanced assessment to evaluate risk and responsibilities and treatment possibilities in this population, through a case based approach.

Learning Objectives - by the end of this session you will have considered:

- How to develop tips and tools for targeting the interventions with this client group.
- How to develop an understanding of working with motivational enhancement
- How to review structured interventions and boundaries around treatment with this client group.
- How to increase understanding of working with people with a dual diagnosis in the context of recovery.

This training relates to the following DANOS units:

- AA2 Establish, sustain and disengage from relationships with individuals
- AA4 Promote people's equality, diversity and rights
- AF3 Carry out comprehensive substance misuse assessment
- AG1 Plan and agree service responses which meet individuals' identified needs and circumstances

Websites: www.drugscope.org.uk www.MIND.org.uk www.rethink.org.uk

Date and time	Venue	Facilitator
Monday 6 th July 2009 9:30-16:30 Closing date: 25 th May 2009	All Saints Pastoral Centre, London Colney	Alison Lowe Consultant Psychiatrist

The courses have been organised locally to ensure that people who work together in the same locality attend the same course.

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax: 01707 285399 or e-mail: a.wigginton@herts.ac.uk

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Eating Disorders

Participants:

This course is for people with a lived experience of mental distress, staff and volunteers working with people who have mental health or substance misuse problems.

Aim:

Through developing understanding of factors associated with eating disorders, staff will develop more effective strategies for working with this client group.

Learning objectives - by the end of the day you will:

- Understand what is meant by 'eating disorders'
- Understand the experience from a service user perspective
- Be aware of factors associated with the development of eating disorders
- Understand 'Recovery' for people with eating disorders
- Have greater knowledge of current policies and intervention strategies

The course relates to the following Drug & Alcohol National Occupational Standard: (DANOS)

AB1.1: Identifying aspects of individual's lives that may cause distress

AB1.2: Work with individuals and others to deal with their distress

AB1.3: Support individuals through periods of stress and distress

Websites: www.edauk.com / www.nice.org.uk

Date and time	Venue	Facilitator
Tuesday 10 th March 2009 09.30 – 16.30 Closing date: 27 th January 2009	Red Lion, Hatfield	Julia Buckroyd Freelance Trainer
Tuesday 2 nd June 2009 09.30 – 16.30 Closing date: 21 st April 2009	Goldsmiths Management Centre, Letchworth	Julia Buckroyd Freelance Trainer

The courses have been organised locally to ensure that people who work together in the same locality attend the same course.

For further information please contact Alison Wigginton on Tel: 01707 284951,
Fax: 01707 285399 or e-mail: a.wigginton@herts.ac.uk

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Engaging with Families and Friends

Participants: This course is for all staff working with people with mental health problems.

Aim:

- To develop understanding of the effect of mental health problems on families
- To develop an understanding of the role of families in the process of recovery
- To explore opportunities for working in partnership

Learning Objectives - by the end of this session you will have considered:

- Be aware of current national and local policies relating to families and carers
- Understand the impact of mental health problems on relationships
- Be aware of the process and importance of assessing and meeting the needs of families and carers
- Have better understanding of the impact of mental health problems on parenting
- Recognise the impact on young carers
- Have greater understanding of the role of carers within mental health services

Websites: www.drugscope.org.uk www.MIND.org.uk www.rethink.org.uk
www.NICE.org.uk

Date and time	Venue	Facilitator
Thurs 26 th February 2009 09.30-16.30 Closing Date: 15th January 2009	Homestead Court, Welwyn Garden City	Sue Hahn Senior Lecturer, Mental Health

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Healthy Relationships

Participants: This course is for staff from any mental health and substance misuse agency in Hertfordshire.

Aim: To develop effective ways of building and maintaining healthy professional and personal relationships.

Learning Objectives – by the end of the course you will have:

- Considered the role of boundaries in relationships
- Become aware of the impact of power on relationships
- Explored effective methods of communication in building and maintaining relationships
- Explored the role of professionals in facilitating personal relationships for service users
- Considered healthy endings

Websites: <http://www.rethink.org> <http://www.mentalhealthrecovery.com>

www.MIND.org.uk <http://www.madness.crowcity.com> www.NICE.org.uk

Date and time	Venue	Facilitator
Tuesday 24 th March 2009 09.30 – 16.30 Closing Date: 18 th February 2009	Stevenage Leisure Centre, Stevenage	Tony Holloway National Probation Service, Hertfordshire
Wednesday 10 th June 2009 09.30 – 16.30 Closing date: 29 th April 2009	Red Lion, Hatfield	Tony Holloway National Probation Service, Hertfordshire

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Hearing Voices

Participants: This course is for staff from any mental health or substance misuse agency in Hertfordshire who comes into contact with voice-hearers.

Aim: Many voice hearers report that having choices about how to react to the voices and getting some control over them help in their individual recovery. The aim of this course is to consider ways of helping voice hearers who are distressed by their experiences.

Learning Objectives - by the end of the course you will have:

- considered a range of models explaining voice-hearing
- gained an understanding of the experience of hearing voices
- considered the voice hearing experience within the context of the life history of the voice-hearer
- become familiar with some of the techniques which help people cope with their voices

The course relates to the following Drug & Alcohol National Occupational Standard: (DANOS)

AB1: Support individuals who are distressed

Websites: <http://www.hearing-voices.org/> /
<http://www.power2u.org/articles/selfhelp/voices.html> www.NICE.org.uk

Date and time	Venue	Facilitator
Thursday 15 th January 2009 09.30 – 16.30 Closing Date: 18 th December 2008	Radlett Centre, Radlett	Sonya Levin Senior Lecturer, Mental Health & Mental Health Service User or Carer (name to be confirmed)
Monday 18 th May 2009 09.30 – 16.30 Closing date: 6 th April 2009	Goldsmiths Management Centre, Letchworth	Sonya Levin Senior Lecturer, Mental Health & Mental Health Service User or Carer (name to be confirmed)

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

Application Procedure: Please discuss with your manager, complete the application form by the closing date and return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166, CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts., AL10 9AB

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Introduction to Cognitive Behavioural Therapy

Cognitive Behaviour Therapy: Staying sane in an insane world

Participants: Service users, carers, staff, volunteers

Aim: To enhance participants' knowledge of Cognitive Behaviour Therapy as a method for self-improvement and enhancing mental well-being

Learning Objectives – by the end of the course you will:

- Have developed awareness the link between thinking, feeling and doing.
- Have considered personal ways of thinking that may impact negatively on well-being
- Have enhanced awareness of favourite ways of irrational thinking
- Have increased knowledge of a range of practical ways to identify personal unhelpful thinking.
- Have developed a personal action plans for utilising rational thinking strategies.

Website: www.NICE.org.uk

Date and time	Venue	Facilitator
Wednesday 25 th March 2009 09.30 – 16.30 Closing Date: 12 th February 2009	Goldsmith Management Centre, Letchworth	Henck van Bilson Clinical Psychologist UH
Wednesday 15 th July 2009 09.30 – 16.30 Closing Date: 3 rd June 2009	Red Lion, Hatfield	Henck van Bilson Clinical Psychologist UH

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

Application Procedure: Please discuss with your manager, complete the application form by the closing date and return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166, CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts., AL10 9AB

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Introduction to Counselling and Psychotherapy

Participants: This course is suitable for staff requiring an introduction to counselling and psychotherapy.

Aim: This course has been designed to provide participants with a general introduction to the theoretical models and general principles of psychotherapy and counselling.

Learning Outcomes:

Approaches covered:

- Psychodynamic psychotherapy
- Person centred therapy
- Transactional analysis
- Cognitive behavioural therapy
- Cognitive analytic therapy
- Counselling

Concepts covered:

- Essential features of a therapeutic relationship
- Basic listening skills
- Role of the unconscious in the professional context/setting
- Transference relationships
- Reflecting and mirroring
- Group dynamics
- Debriefing and endings

Learning format: role play/practical examples/group work/discussion forum

Please note: while this course aims to provide an overview of principles and concepts of psychotherapy and counselling, it is not designed to provide therapy for group members.

Website: www.NICE.org.uk

Date and time	Venue	Facilitator
Monday 19 th January 2009 09.30-16.30 Closing Date: 16 th December 2009	Stevenage Leisure Centre, Stevenage	Sonya Levin Senior Lecturer, Mental Health & Mental Health Service User or Carer (name to be confirmed)
Thursday 2 nd April 2009 09.30-16.30 Closing Date: 19 th February 2009	Campus West, Welwyn Garden City	Sonya Levin Senior Lecturer, Mental Health & Mental Health Service User or Carer (name to be confirmed)

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

Application Procedure: Please discuss with your manager, complete the application form by the closing date and return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166, CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts., AL10 9AB

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Introduction to Mental Health and Substance Misuse for Administrative Staff

Participants:

This course is open to any call centre staff, receptionists and any other administrative/secretarial staff who have contact with people with mental health or substance misuse problems.

The course is open to staff from any agency in Hertfordshire which works with people with mental health or substance misuse problems.

Aim:

To provide participants with an overview of the key issues in the field of mental health and substance misuse

Learning objectives - by the end of the course you will have:

- gained an understanding of the experience of using mental health and substance misuse services
- considered the main features and treatment approaches of the major mental disorders
- become aware of the effects of alcohol and drug misuse on the individual and on their carers
- considered ways of communicating with people who are distressed

The course relates to the following Drug & Alcohol National Occupational Standard (DANOS):

AA2: Relate to, and interact with, individuals

Websites: www.mind.org.uk/ www.drugscope.org.uk/
www.alcoholconcern.co.uk www.NICE.org.uk

Date and time	Venue	Facilitator
Thursday 14 th May 2009 09.30-16.30 Closing Date: 2 nd April 2009	Radlett Centre, Radlett	Sonya Levin Senior Lecturer, Mental Health & Mental Health Service User or Carer (name to be confirmed)

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

Application Procedure: Please discuss with your manager, complete the application form by the closing date and return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166, CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts., AL10 9AB

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Introduction to Neuro Linguistic Programming

Participants: This course is suitable for anyone interested in communication

Neuro Linguistic Programming (NLP) is the study of what works in thinking, language and behaviour. This course is a great introduction into a brilliant and dynamic subject and will get you thinking and developing your skills as a practitioner

Aim: By studying these three modes of communication we can begin to learn to use them more effectively. We can become aware of the beliefs and values that motivate us, and gain better control of our actions.

Learning outcomes - by the end of the day you will:

- Develop understanding of NLP and the way it can be used in all aspects of life
- Explore the impact of communication - verbal and non verbal
- Increase awareness of their own style of communication
- Explore ways of communicating more effectively

Websites: www.NICE.org.uk

Date and time	Venue	Facilitator
Tuesday 16 th June 2009 09:30-16:30 Closing date: 12 th May 2009	Red Lion, Hatfield	Cheryl Sklan Freelance Mental Health Trainer

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

Application Procedure: Please discuss with your manager, complete the application form by the closing date and return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166, CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts. AL10 9AB

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Ketamine

Participants: This course is for Service Users, Carers, nurses and staff who work with people with substance misuse problems (including those who work with young people).

Aim: A one day knowledge based course focusing on Ketamine.

Learning Outcomes:

- Increase knowledge and awareness of the issues relating to Ketamine.
- Increase knowledge of how Ketamine is used and the effects upon individual's physiology and neurology.
- Understand the possible affects on health
- To increase confidence in working with this client group

National Occupational Standards: Units covered and supported

AA1	Recognise indications of substance misuse* and refer individuals to specialists
HSC223	Relate to, and interact with, individuals
HSC3111	Promote the equality, diversity, rights and responsibilities of individuals
AB2	Support individuals who are substance users*
HSC33	Develop your own knowledge and practice
AD1	Raise awareness about substances*, their use and effects.

Date and time	Venue	Facilitator
31 st March 2009 09.30-16.30 Closing Date: 17 February 2009	Campus West, Welwyn Garden City	Tony D'Agostino Freelance Trainer

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

Application Procedure: Please discuss with your manager, complete the application form by the closing date and return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166, CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts., AL10 9AB

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Mental Health Act

Participants: People with lived experience of mental distress, staff and volunteers.

Aims: To provide up to date information on the Mental Health Act 2007. as it amends the 1983 Act, and relevant issues of the Mental Capacity Act.

Learning Objectives - by the end of the course you will:

- Have greater understanding of the Act and its implications for practice.
- Understand the objectives of the Act
- Have considered the principles of the Act
- Have an understanding of how the Act will function with the 1983 Act
- Have awareness of how the Act is influenced by the Mental Capacity Act

This course relates to the following Drug & Alcohol National Occupational Standards (DANOS):

Website: www.NICE.org.uk

Date and time	Venue	Facilitator
Tuesday 20 th January 2009 09.30-16.30 Closing Date: 22 nd December 2008	Stevenage Leisure Centre, Stevenage	Chris Wright Visiting Lecturer
Wednesday 1 st April 2009 09.30 – 16.30 Closing date: 19 th February 2009	Red Lion, Hatfield	Chris Wright Visiting Lecturer

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, Email: a.wigginton@herts.ac.uk

Application procedure:

Please discuss with your manager, complete the application form by the closing date and return to: Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166 CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts AL10 9AB

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Mental Health First Aid for Support Staff

A 2 day certificated course endorsed by the Dept. of Health's National Institute for Mental Health in England (NIMHE) and Care Services Improvement Partnership (CSIP)

Participants:

People with a lived experience of mental distress, staff and volunteers.

Aim:

To provide a comprehensive introduction to the onset, nature and therapeutic approaches to mental ill health, together with core skills training in supporting people experiencing mental health problems prior to professional involvement.

Learning Outcomes:

By the end of the 2 days you will:

- Have enhanced awareness of the concepts of mental health and mental ill-health/distress.
- Have considered the issues related to the stigma associated with mental ill-health.
- Have developed awareness of the range and types of mental 'disorders'
- Have enhanced knowledge of the range of support, therapies and self help strategies available for people experiencing mental distress.
- Have developed First Aid skills for supporting people experiencing mental distress prior to professional involvement.

Website: www.NICE.org.uk

Date and time	Venue	Facilitator
Wednesday 6 th & Thursday 7 th May 2009 09.30 – 16.30 Closing date: 25 th March 2009	Red Lion, Hatfield	Bernie Graham, BA MSc FRSM Mental Health Support Training & Consultancy

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, Email: a.wigginton@herts.ac.uk

Application procedure:

Please discuss with your manager, complete the application form by the closing date and return to: Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166 CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts AL10 9AB

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Methamphetamine

Participants:

The course is for people with a lived experience of mental distress, and staff working with people with substance misuse problems who wish to update their knowledge in relation to new and emerging drug trends.

Aim:

To increase confidence in working with this client group

Learning Outcomes:

- Increase knowledge and awareness of the issues relating to methamphetamine
- Increase knowledge of how methamphetamine is used and the effects upon individual's physiology and neurology.
- Understand the possible effects on health.

This course relates to the following Drug & Alcohol National Occupational Standards: (DANOS)

AA1: Recognise indications of substance misuse* and refer individuals to specialists

AA2: Relate to, and interact with, individuals

AA4: Promote the equality, diversity, rights and responsibilities of individuals

AB2: Support individuals who are substance users*

AC1: Develop your own knowledge and practice

AD1: Raise awareness about substances*, their use and effect

Date and time	Venue	Facilitator
Tuesday 3 rd February 2009 09:30-16:30 Closing date: 23 rd December 2008	Campus West, Welwyn Garden City	Tony D'Agostino Freelance Trainer

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

Application Procedure: Please discuss with your manager, complete the application form by the closing date and return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166, CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts., AL10 9AB

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Recovery from Bipolar Disorder

Participants: This one-day taster of the 16 session/8 day “In-Sight” training will be particularly useful for people working in Hertfordshire with a diagnosis of bipolar disorder and their carers. It will also be helpful for staff supporting people with a diagnosis of bipolar disorder or depression.

Aim: To present the holistic nature of addressing lifestyle and skills needs in recovery with regards to bipolar disorder/depression within a service user-delivered group training.

Learning Objectives - by the end of the course you will:

- have grasped the holistic overview of needs of people with bipolar disorder/depression with regards to their full recovery, empowerment and self-actualisation.
- be more aware of healthy lifestyle choices, skills development, useful tools and techniques for people to manage their illness and to aim for wellness.
- be able to use certain transferable skills and techniques whatever the diagnosis.
- know how people have benefited in their recovery by following the full “In-Sight” course.
- be able to determine whether following the full “In-Sight” course is a commitment you wish to make for your own well-being and recovery, or for that of those you support.

This course does not relate to any current Occupational Standards. It is the topic of a PhD undertaken by the user-researcher who is facilitating the taster session.

For further information on the taster session, or the research, please contact:
H.straughan@btinternet.com (tel: 01923-239489)

Date and time	Venue	Facilitator
Monday 9 th March 2009 09:30-16:30 Closing Date: 26 th January 2009	Stanborough Centre, Garston	Heather Straughan Research Fellow Centre for Mental Health Recovery

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax: 01707 285399 or e-mail: a.wigginton@herts.ac.uk

Application Procedure: Please discuss with your manager, complete the application form by the closing date and return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166 CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts AL10 9AB

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Skills and Strengths

Participants:

Skills and Strengths: The journey of recovery for service users and how professionals and services can be a resource to support their journey

This course is relevant for professionals who wish to learn about working in a recovery orientated way with reference to the Whole Life Recovery Programme.

Aim:

To have an understanding of recovery concepts and how the Whole Life Programme is a tool to work with service users to equip them to move forward in their lives.

Learning Objectives - by the end of the course you will have:

- An understanding of the strengths model
- An understanding of recovery concepts
- An ability to utilise the personal coaching programme with service users

The course relates to the following Drug and Alcohol National Occupational Standards: (DANOS)

AG1: Develop, implement and review care plans for individuals

AK2: Help individuals to access learning, training and development opportunities

Website: www.NICE.org.uk

Date and time	Venue	Facilitator
Friday 6 February 2009 09.30 – 16.30 Closing Date: 2 nd January 2009	Campus West, Welwyn Garden City	Jan Woodward Project Lead for the Whole Life Project, Hertfordshire Partnership NHS Foundation Trust
Thursday 23 April 2009 09.30 – 16.30 Closing Date: 12 th March 2009	Goldsmith Management Centre, Letchworth	Jan Woodward Project Lead for the Whole Life Project, Hertfordshire Partnership NHS Foundation Trust

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

Application Procedure: Please discuss with your manager, complete the application form by the closing date and return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166, CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts., AL10 9AB

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Solution Focused Brief Therapy

Participants:

This **three** day course is for anyone in Hertfordshire involved in conversations with service users with mental health or substance misuse problems, aiming to help them find their own answers to difficult situations and to create their own care plans.

The course is three days – two days followed by a third follow-up day three/four weeks after the first two days. **Attendance at all three days is required.**

Aim: To gain knowledge, confidence and skills to apply the strategies and techniques of Solution Focused Brief Therapy.

Learning Objectives - by the end of the course you will have:

- examined the assumptions and principles of Solution Focused Brief Therapy
- had the opportunity to learn and practice the strategies and techniques of Solution Focused Brief Therapy
- considered the framework for first and subsequent sessions (or conversations) with a service user
- identified how the model can be applied to support clients in constructing, monitoring and implementing care plans within your own agency

The course relates to the following Drug and Alcohol National Occupational Standards: (DANOS)

AA6: Promote choice, wellbeing and the protection of all individuals

AG2: Contribute to planning, monitoring and reviewing the delivery of service for individuals

A11: Counsel individuals about their substance use using recognised theoretical models

Date and time	Venue	Facilitator
<p>Please note this is a <u>Three</u> day course</p> <p>Tuesday 3rd March, Wednesday 4th March and Thursday 26th March 2009</p> <p>Closing date: 27th January 2009</p>	<p>Campus West, Welwyn Garden City</p>	<p>Mike Roarty, Freelance Mental Health Trainer</p>
Date and time	Venue	Facilitator
<p>Please note this is a <u>Three</u> day course</p> <p>Wednesday 1st July, Thursday 2nd July and Wednesday 15th July 2009</p> <p>Closing Date: 20 May 2009</p>	<p>Stanborough Centre, Garston</p>	<p>Mike Roarty, Freelance Mental Health Trainer</p>

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax: 01707 285399 or e-mail: a.wigginton@herts.ac.uk

Application Procedure: Please discuss with your manager, complete the application form by the closing date and return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166 CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts AL10 9AB

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Suicide Prevention – developing strategies for balancing risk with empowerment

Participants:

People with a lived experience of mental distress, staff and volunteers.

Aim: This course aims to explore the challenges of balancing risk and recovery when working with people who are potentially suicidal and their families and friends.

Learning outcomes - by the end of the day you will:

- Be aware of current national and local policies relating to suicide prevention
- Considered specific ways to support families and carers
- Have explored the challenges of balancing risk with opportunities for change
- Have challenged fears and concerns associated with empowerment and choice

The course relates to the following Drug and Alcohol National Occupational Standards (DANOS).

AA2: Relate to and interact with individuals

AB9: Work in collaboration with carers in the caring role

AC1: Reflect on and develop your practice

Website: www.NICE.org.uk

Date and time	Venue	Facilitator
Tuesday 17 th March 2009 09.30-16.30 Closing date: 10 th February 2009	Red Lion, Hatfield	Sue Hahn Senior Lecturer, Mental Health & Mental Health Service User or Carer (name to be confirmed)
Wednesday 24 th June 2009 09.30 – 16.30 Closing date: 13 th May 2009	Stevenage Leisure Centre, Stevenage	Sue Hahn Senior Lecturer, Mental Health & Mental Health Service User or Carer (name to be confirmed)

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

Application Procedure: Please discuss with your manager, complete the application form by the closing date and return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166, CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts. AL10 9AB

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Understanding Advocacy

Participants:

People with a lived experience of mental distress or substance misuse, volunteers and staff from all agencies.

Aim:

To explore the role of advocacy within mental health and to develop deeper understanding of what advocacy is.

Learning outcomes - by the end of the day you will:

- Have developed understanding of the need for advocacy
- Explored the role and practice of advocates
- Gained insight into advocacy in Hertfordshire

Website: www.NICE.org.uk

Date and time	Venue	Facilitator
Thursday 9th July 2008 09:30-16:30 Closing date: 27 th May 2009	Red Lion, Hatfield	Sophie Taylor POhWER Advocacy

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

Application Procedure: Please discuss with your manager, complete the application form by the closing date and return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166, CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts. AL10 9AB

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Working with Adult Survivors of Childhood Sexual Abuse

Participants:

This course is for all service users, carers, staff and volunteers working with people with mental health or substance misuse problems.

Aim: To develop basic understanding of the experience and needs of people who have been sexually abused in childhood and the process of recovery.

Learning objectives - by the end of the day you will:

- Understand what sexual abuse is
- Develop understanding of the long term effects of childhood sexual abuse
- Develop understanding of the experience
- Understand some of the coping strategies used in adulthood
- Develop strategies for working with adult survivors of childhood sexual abuse
- Explore the process of recovery

The course relates to the following Drug & Alcohol National Occupational Standard (DANOS)

AB4.2: Contribute to minimising the effects of dangerous, harmful and abusive behaviour and practice

AC2.1: Seek appropriate supervision

Websites: www.NICE.org.uk

www.survivorsswindon.com / www.safelinewarwick.co.uk

Date and time	Venue	Facilitator
Thursday 25 th June 2009 09:30-16:30 Closing date: 14 th May 2009	Homestead Court, Welwyn Garden City	Sue Hahn, Senior Lecturer Mental Health and Mental Health Service User or Carer (name to be confirmed)

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email a.wigginton@herts.ac.uk

Application procedure:

Please discuss with your manager, complete the tear off slip below and either return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166 CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts, AL10 9AB.

NB: We are concerned that not all courses are fully attended. Please make sure you are able to attend before applying. Confirmation of your place will normally be sent out no later than 4 weeks before the course commences. Please note a non attendance/cancellation fee of £25 will be charged unless 5 working days notice prior to the course has been received.

Working with People who Self Harm – adopting a harm minimization approach

Participants:

People with a lived experience of mental distress, staff and volunteers.

Aim: This course aims to develop understanding of self harm and a harm reduction approach to working with this group of people.

Learning outcomes - by the end of the day you will:

- Understand the impact of self harm on service users and families
- Have considered current thinking and research associated with working with people who self harm.
- Have explored the way in which harm minimization works in self harm
- Have deeper understanding of self harm behaviour
- Have explored the issue of balancing risk associated with self harm

The course relates to the following Drug and Alcohol National Occupational Standards (DANOS).

AA2: Relate to and interact with individuals

AB9: Work in collaboration with carers in the caring role

AC1: Reflect on and develop your practice

Website: www.NICE.org.uk

Date and time	Venue	Facilitator
Thursday 5 th March 2009 09.30 – 16.30 Closing Date: 23 rd January 2009	Red Lion, Hatfield	Sue Hahn Senior Lecturer, Mental Health & Mental Health Service User or Carer (name to be confirmed)
Thursday 4 th June 2009 09.30 – 16.30 Closing Date: 23 rd April 2009	Goldsmiths Management Centre, Letchworth	Sue Hahn Senior Lecturer, Mental Health & Mental Health Service User or Carer (name to be confirmed)

For further information please contact Alison Wigginton on Tel: 01707 284951, Fax 01707 285399, email: a.wigginton@herts.ac.uk

Application Procedure: Please discuss with your manager, complete the application form by the closing date and return to Alison Wigginton, Administrator at The Centre for Mental Health Recovery, Room G166, CP Snow Building, University of Hertfordshire, College Lane, Hatfield, Herts. AL10 9AB

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