



Mind's Well

CPD and training solutions

Mental health and Peer services



We are pleased to introduce our new programme. These workshops aim to educate professionals, service users and the wider public to improve mental health and wellbeing, self-development, and Continuous Professional Development.

Mind's Well Recovery College

The Edinburgh Mind's Well Recovery College is a social enterprise that delivers a range of wellness and recovery focused learning, development opportunities and peer led services that include:

- Learning skills and strategies to cope with challenging times, for example in relation to change and loss
- Strengthening personal coping skills
- Developing and maintaining positive relationships
- Helping to understand personal responses to situations
- Personal and spiritual development
- One to one peer support
- CPD for people with lived experience & other professionals

Our workshops are experiential, highly qualified professional tutors ensure that you learn in a safe, non-judgemental and relaxed environment.

You will have a different experience from other learning in that you will be able to use your own experience to connect the new knowledge to what you already know. Allowing you to integrate the new learning in an easy and enjoyable way.

You will not be asked to share anything that you don't feel comfortable sharing but you will be encouraged to use your knowledge and experience in a completely confidential environment to enhance your learning.

Facilitators

Maria Naranjo is Mind's Well Director and Founder. She has a BSc (Hons) in Psychology, MSc in Cognitive Sciences and Natural Language, she is a NLP practitioner and Holistic Yoga Therapist. In addition, recently she finished her qualification as Yoga Teacher. Maria has been working in the field of mental health in the community for over 15 years in Scotland, UK and Europe. She has presented in high calibre Conferences, for the BPS CPD training scheme among others.

Lora Coyle is one of our PDA in mental health and peer support graduates. Lora has a long history of struggling with mental health issues and addictions. She has been using her own experience to help deliver training. She brings to life the whole ethos that Mind's Well stands for "*Recovery is a journey and everyone can recover*"

Lora has graduated from her HNC in Social Care. She has been collaborating with Mind's Well since inception back in 2012. She is an inspiration and manages to motivate others through a wealth of experience and knowledge laced with humility, humour and encouragement. In addition, Lora is leading a campaign to bring Mind's Well services to West Lothian in the shape of a safety place run as a social enterprise café.

PDA mental health peer support

General information

The qualification has been developed as a result of a collaboration between SQA and the Scottish Recovery Network (SRN). The aims of the SRN are to:

- Raise awareness of recovery from mental health problems.
- To learn more about the factors which help and hinder recovery.
- To build capacity for recovery by supporting and encouraging national and local action.

Costs: £400

Structure

The PDA in Mental Health Peer Support (16 SCQF credit points) at SCQF level 7 is achieved on the successful achievement of two mandatory Units: Unit 1 RC (Recovery Context) and Unit 2 DP (Developing Practice)

You can choose to register for the PDA in our Open Learning Course which includes two half days a month, practice and self-study. This course takes six months to complete and our next intake will be Monday **20th January 2020**. It is also possible to take individual modules as part of your Continuous Professional Development.

PDA MODULES

UNIT	MODULE
RC	WRAP (Wellness and Recovery Action Plan) & INDUCTION
RC	Recovery principles
RC	Recovery and coaching skills
RC	Trauma and abuse
RC	Self-harm, addictions and suicide prevention
RC	Introduction to peer support
RC	Key principles of peer support
DP	Communication and listening skills
DP	Storytelling using your experience as an expert
DP	Boundaries & co-dependency
DP	Self-care and healing
DP	Strengths based approach in practice

Application process

If you would like to apply for a place in this award, register your interest admin@mindswellrc.org

Enclose a short paragraph explaining your reasons to apply, your background and what you expect to get out of this qualification. Once your application is received, Mind's Well will arrange a phone or face to face interview. If our team and yourself decide that the best course of action for you is to join our award, you will be invited to an Induction Day.

Education for people struggling with mental ill-health

These courses are free of charge

In our training you will learn the difference between “being there and having the t-shirt” and **supporting someone who is facing similar issues**, such as stigma and discrimination, isolation, lack of direction, difficulties accepting their condition or life changing events.

Our educational courses will enable you to develop listening and counseling skills, a strengths based approach and trauma informed practice. You will grow and develop in your role as peer support worker or volunteer at your own pace.

Communication and listening skills

Livingston, Friday 24th April 2020. 12 - 3

Our brain is constantly changing and reshaping. Every time we have a new experience (a thought, feeling, sensation or behavior) or learn something, hundred of millions of neurons reorganize.

The way we speak has an impact on how we think and how we feel. Furthermore, the words we use have an impact on how we communicate with others and the deep meaning of what we say. Using language that focuses on people’s strengths and their ability to heal, enables them to engage in a recovery and acceptance journey.

Dr. Dispenza maintains that the brain can not differentiated an external event from an internal experience. If we smile, our brains think that we are happy!!

Hence, we can transform our health, relationships, wealth and our entire life just changing the way we think and speak. Reducing self-stigma and discrimination.

In this workshop we learn how to use more positive and recovery focused language, thinking patterns and how to rewire our brains in order to reduce anxiety, enhance empathy and empower ourselves and others.

ADDICTIONS AND SELF-HARM AWARENESS

Livingston, Friday 1st May 2020 12 - 3

Peer support workers and volunteers may have personal experience of alcohol/drugs abuse, self-harm, suicide and eating challenges. Many people who benefit from peer support will be also struggling with these issues.

In this workshop we use professional and personal experience to introduce the topic of addictions. When people are facing traumatic events or stressful situations may self-medicate using drugs or alcohol, they may try to exercise control through food intake and/or engaging in self-harming behaviours such as cutting, burning or taking risks.

The aim of this workshop is to help you understand why people engage in these behaviours.

You will learn how to assess risk, negotiate risk and support people effectively.

TRAUMA Introduction to trauma informed practice

Livingston, Friday 3rd April 2020. 12 - 3

People with Lived Experience of Life Changing Events will have different degrees of exposure to trauma and loss. Trauma is different for each individual. In general

, a person perceives an event as traumatic if their ability to cope with the stressors is overwhelmed.

In this workshop, you will learn to change the perspective from “What is wrong with you” to “What has happened to you”?

Stress is a natural response to overwhelming situations, it engages our survival instincts. The problem arises when stress becomes chronic or cumulative.

Learn what stress does to your body, mind and soul and how to reduce its effects.

BOUNDARIES AND CO-DEPENDENCY: Introduction to peer support

Livingston, Friday 8th May 2020. 12 - 3

At the most basic level peers are people who have some mutuality and equality such as having shared experiences, backgrounds or characteristics. What makes the peer support worker role different from other peer relationships is the intention to use the shared experience to develop strong relationships based on mutuality, empathy and shared understanding that benefit both peers in the relationship.

“Peer support workers or volunteers are people with lived experience of a condition who are trained and employed to work in support of others in recovery”

In this workshop you will learn more about the principles underlying formalized peer support: mutuality, empowerment, strengths based approach and empathy.

You will practice developing personal boundaries and learn about organizational and legal frameworks such as confidentiality, duty of care, negotiating risk and developing effective and mutually beneficial peer support relationships.

RECOVERY COACHING SKILLS Principles of peer support

Livingston, Friday 15th May 2020 12 -3

Recovery coaching is a form of strengths-based support for persons with addictions or in recovery from alcohol, other drugs, codependency, or other addictive behaviors. Recovery coaches work with persons with active addictions as well as persons already in recovery.

Recovery Coaching Skills will help you find your strengths and apply them to having a better life. You will learn a new paradigm where people affected by addiction are supported to find their creative, resilient, and resourceful self. What would it be like to have support from someone who believes in you, sees your strengths, and wants you to enjoy life in recovery?

STORYTELLING: Using your experience to inspire others.

Livingston, 22nd May 2020 12 - 3

When facing life changing events a crucial part of healing and recovering is to create a sense of self that is rich and incorporates all aspects of your identity, including traumatic events.

Storytelling is the conveying of events in words, sound and/or images, often by improvisation or embellishment. Stories or narratives have been shared in every culture as a means of entertainment, education, cultural preservation, and instilling moral values.

In traditional settings, oftentimes people identify themselves with their conditions, having a mental health problem, physical disability, medical condition etc. When

people sum up their sense of self through a disability framework they miss out all the other aspects of the self.

There are several psychological reasons why stories are so powerful.

They connect us to a larger self and universal truths.

Through stories we share meaning and purpose. Stories are the common ground that allows people to communicate, overcoming our defenses and our differences. We engage emotions.

Stories take place in the imagination. To the human brain, imagined experiences are processed the same as real experiences.

By engaging our imagination, we become participants in the narrative. We can step out of our own shoes, see differently, and increase our [empathy](#) for others.

Through imagination, we tap into [creativity](#) that is the foundation of innovation, self-discovery and change.

SELF-CARE & HEALING

Livingston, 29th May 2020 12 - 3

Most people do not pay much attention to the things they do in order to stay well. In this line of work it is essential that peer support workers pay close attention to their well being and healing process.

There are many self-management tools available and we will look into some of them, such as WRAP (Wellness and Recovery Action Plan), self-help groups and advance statements.

“Wellness is a conscious, deliberate process that requires a person to become aware and make choices for a more satisfying lifestyle”

In addition, peer support workers face the challenge of self-healing through other's experiences. When support workers are exposed to other people's experiences they have the opportunity to re-evaluate where they are at with their issues and re-write their story in order to incorporate further layers of healing.

Hence, it is important to have a space or to create opportunities to enable this healing process.



Complex trauma and abuse: Trauma informed practice

Continuous Professional Development

Livingston, Tuesday 21st January 2020 10:00 – 16:00 Craigsfarm Community Hub, Maree Walk, Craigshill, EH54 5BP Livingston, West Lothian

What does complex trauma mean in today's context?

We will introduce the topic Systemic Abuse in relation to complex trauma. The pace of life, stressors, demands at work, work-life balance, abusive practices from people in power position, lifestyles based upon consumerism and generalized abuse are having a detrimental effect on our psychological wellbeing. The concept of Complex Trauma is multidimensional, we are experiencing an unprecedented exposure to stressful situations and people's ability to cope with these stressors is diminishing.

Trauma is different for every individual. An experience will be deemed as traumatic for an individual if the person perceives lacking the resources to face the challenge. Furthermore, trauma has a cumulative effect.

According to research the levels of anxiety and stress in the UK indicate that almost 50% of the population are affected.

In this course, we will discuss why trauma occurs, how to manage symptoms and to reduce the impact that trauma and loss have in clients' psychological, emotional, mental and physical health.

You will develop a trauma informed practice. You will gain understanding on the effects of trauma on child development, human psychology and how to minimise the effects without re-traumatising the individual.

OBJECTIVES

You will understand the mechanics behind stress and trauma.

Short and long-term effects of trauma: cumulative effects.

Experience and learn simple techniques to reduce stress for you and your clients.

Learn how to develop a trauma informed practice.

Cost: Full price £75,

Concessions £60



Developmental trauma: the body keeps the score. Skilled level

EDINBURGH, 27th January 2020. 10 – 4 The blue morpho body and mind Ltd. 36A Broughton Street, EH1 3SB, Edinburgh

Developmental trauma disorder is a new diagnostic category that encapsulates complex trauma, behaviour disorders and reactive attachment

This disorder is often diagnosticated in adolescence and it focuses on the effects that trauma in childhood has had on the adolescent's development.

Do you work or support Young people who have experience chronic trauma, Childhood Sexual Abuse, neglect, emotional or psychological abuse?

New research in brain science is showing how early traumatic experiences have an effect on adolescents' behaviour, cognitive development, emotional regulation, brain development, attachment and impulsivity.

Young People who have experienced developmental trauma Will show different symptoms. Children develop diverse coping mechanisms to deal with distressing

experiences. Some withdraw and go inside themselves, no trusting adults, some use substances, other act out.

In this workshop you Will gain insight into what is developmental trauma and its effects on adolescence.

You Will also learn a number of treatment options that Will help the person to manage their symptoms and improve their quality of life.

Full Price £75 Concessions £60



Mental Health in Children and Young People

Glasgow, Friday 24th January 2020. 10 – 4 The Meeting rooms, 34 W George St, Glasgow G2 1DA, UK

Do you work with young people? Would you like to learn more about young people's mental health?

In the last few years there has been an increase in the number of young people displaying symptoms of mental ill-health, psychological and emotional distress. According to BBC Scotland more than 5000 under 18's were prescribed antidepressants in 2017. The reasons are complex and include budget cuts to preventative services, increased awareness about mental health and wellbeing, 24/7 culture that we live in and many other possible explanations.

BBC Scotland also highlights that the number of young people self-harming is on the rise. In this short video one of our volunteers talks about the issues. <http://www.bbc.co.uk/news/uk-scotland-31310407>

Aim

To equip youth workers, counsellors, teachers and families with the knowledge, skills and understanding to respond to young people in psychological distress. You will learn about teenage brain development, psychological and emotional well-being and techniques to improve mental health and psychological wellbeing. Also the effects of developmental trauma due to neglect, child abuse and disadvantageous living conditions.

Objectives

Identify tell-tale signs

Managing difficult or challenging behaviours such as anger, panic attacks, self-harm, suicide risk

Learn about mental health common issues Programme

What is Mental Health?

The Adolescent Brain: Developmental trauma

Common Mental Health Concerns: Anxiety, Depression, Eating Disorders and self-harm/suicide

Management techniques

Cost: Early Bird £75, and Concessions £60

Dual addictions: How trauma leads to mental health issues and addictions.

Skilled level (Scottish Government Trauma Knowledge and Skills Framework)



**Glasgow Tuesday, 18th February 2020 The blue morpho body and mind Ltd.
36A Broughton Street, EH1 3SB, Edinburgh**

Are you supporting someone who uses self-defeating behaviours? Do they attract a BPD diagnosis? Are they using self-injury, drugs/alcohol, risky behaviours?

Very often people who attract a mental health diagnosis have experienced various degrees of trauma.

These people use self-defeating behaviours such as eating disorders, alcohol/drug abuse and self-harm. In order to cope with the effects of trauma, abuse and loss. In this workshop you will learn why and what you can do to help.

Self-defeating behaviours are those that we engage with despite knowing that they will make us fail, harm, or bring trouble.

You will learn what it feels like to have a mental health diagnosis, how to approach the topic and where to seek help. In addition, we will introduce a new addictions paradigm. People tend to use substances, alcohol, videogames to bond to something. Disconnection is the root of the problem.

AIM

You will develop skills and tools to support clients to learn self-management strategies through their recovery journey.

OBJECTIVES

Understand the effects of trauma on attachment

The importance of a child's current context and relationship

Developmental impact of trauma

The interaction between trauma and critical development stages

Impact of trauma on physical health

Trauma symptoms and adaptations: addictions

Stress tolerance (window of tolerance) and dissociation

Trauma triggers and re-traumatisation

Mental health diagnoses and trauma

Indicators of and risks for trauma exposure

Many people who experience mental health issues also suffer from addictive behaviours such as self-injury, substance abuse, alcohol related issues among others.

Most services specialise in dealing with either mental health or addictions.

Traditionally there has been a void in service provision for people who experience complex trauma, mental health issues and addictions.

In this workshop you will learn new approaches to work with people affected. You will gain understanding of how underlying untreated trauma has an effect on people's mental health who adopt self-soothing behaviours to deal with the symptoms.

COSTS

Full price £75 Student, carer £ 60



The British
Psychological Society
Approved

Managing self-harming Behaviours. BPS approved for CPD.

**LIVINGSTON, Monday 23rd March 2020 10 – 4. Craigsfarm Community Hub,
Maree Walk, Craigshill, EH54 5BP**

This training has been developed utilising professional experience gathered from the delivery and management of services for people who self-harm. People with lived experience have had an input in the preparation of the materials and are an integral part in the delivery of the training. This workshop is unique in the sense that brings academic, professional, and personal experience and knowledge together to offer you a whole perspective on this complex issue.

Furthermore, we strive to keep up with current research and practice based evidence, including NICE Guidelines Self-harm: Longer Term Management (2011).

You will have opportunities to discuss cases that you have been involved with. It will give you the chance to ask questions, bounce ideas and learn new skills and knowledge. You will discuss best practice in a safe, non-judgemental environment with a very small group to ensure safety and comfort.

Aim

It will help you to learn the practical, ethical and theoretical knowledge to develop a harm reduction approach when working with clients who self-harm.

Objectives

1. Case discussions
2. Safe self-harm, first aid and wound management
3. Developing care plans on a harm reduction framework
4. Safety kits: The box of choice

Costs:

Full price: £75 Concessions: £60



Family constellations in individual therapy

EDINBURGH, Wednesday 19th February 2020 The blue morpho body and mind Ltd. 36A Broughton Street, EH1 3SB, Edinburgh

The Systemic Constellation approach, as developed by Bert Hellinger, is a powerful tool for unlocking hidden family dynamics and events that may still influence individuals.

What is Family Constellation Therapy?

The Systemic Constellation approach, as developed by Bert Hellinger, is a powerful tool for unlocking hidden family dynamics and events that may still influence and entrap individuals many generations hence. We consider the individual as part of a greater whole – a family system – rather than as a separate entity. His individual behaviour, feelings and attitudes, have to be understood in the context of this larger group. As in any other system, unspoken laws operating within the family guide behaviour that we, as family members, are largely unaware of. The way we bring these hidden, family dynamics to light is to have the client use the help of figures to create a constellation of his or her family.

What is it useful for?

This approach has proved helpful in resolving issues of depression, suicide, physical and mental illness, relationship difficulties and challenges in the workplace. Some children have difficulties in dealing with school stress, such as homework, test anxiety, bullying, or peer pressure. They also may need to discuss their feelings about family issues, particularly if there is a major transition, such as a divorce, a move, or abuse within the family. Through play, different exercises and Family Constellations for children, in a brief period of time, you can help them to build resources, to find tranquillity and relief in the difficult areas of their lives

What to expect from this workshop?

The workshop will allow us to do individual work with each participant so we can practice working with figures in a real-life scenario. We encourage participants to bring either a personal issue or a client's so that we can do a constellation for that particular person and issue. The participant and therapist sit close to one another at a table with a box of figures in front of them. The therapist then asks the client to select representative figures for their system and arrange these figures in front of them creating a living model of their family. Then we explore the relations between the family members represented by the figures. Finally, healing movements are supported by the interventions of the therapist, who brings in missing or excluded family-members, suggests new and more conscious behaviours, and finds healing sentences for the family members to say to each other. The client will be able to go beyond their family and give birth to the individual they are destined to be.

Who should attend?

Professionals looking for resources to work with their clients. We recommend this training to counsellors, youth workers, family support workers, teachers, and anyone with an interest in discovering how family intricacies and subliminal messages are affecting their life, relationships, work and health.

Cost Unique launch price £60.

Cancellation Policy for our services:

Once you have booked a place on the workshop and received notification of that place the following cancellation fees apply

- a) One week or less before the scheduled date of the workshop – Full booking fee to be paid;**
- b) Between 8 and 14 days' notice before the scheduled date of the workshop – 50% fee to be paid.**

If you are unable to make the workshop we are happy to accept a change of name on the booking.

MIND'S WELL

RECOVERY COLLEGE

For more information:

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