



The British
Psychological Society
Approved

Empowering peer support and trauma informed practice

EXPERT TRAINING IN MENTAL HEALTH AND SOCIAL CARE

The Minds Well Recovery College is a social enterprise aiming at providing high quality training in mental health and social care in order to promote peer support and trauma informed practice.

We understand that these are difficult times. Your budgets are under more pressure than ever. Often, organisations are forced to see training as a luxury and reduce the amount and/or quality of opportunities to provide formal learning opportunities to their employees.

Sadly, this situation become catch 22. You have to compete for every contract and projects live or die depending on funders evaluations. Hence, the right kind of training will help you and your organisation succeed.

Tailored and focused

Our in-house courses are carefully discussed and planned with you, and so specifically tailored to suit the precise needs of your staff teams.

Expertly delivered

Our trainers are fully qualified professionals who have plenty of experience "doing the job" and can answer any questions ad hoc. Our trainers follow adult learning

principles to ensure that participants learn at their own rate all the knowledge and information that they require.

Cost effective

We know that you need to get maximum value for money. **Our training can work out at less than £40 per person per day.**

Established and trusted, nationwide

Founded in 2011, we have delivered training for more than 4,000 people nationwide. Our offices are located in Edinburgh but we cover the whole country. We have provided training for third sector organisations such as Salvation Army, SAMH, Penumbra, Health in Mind, also for local authorities and NHS.

We'd be delighted to discuss how we might be able to provide training that makes a difference to your organisation. info@mindswell.org.uk or 07904885305

MENTAL HEALTH

We have a number of workshops that we have already delivered, however if you would like a training course about a topic that does not appear in the list, get in touch with us info@mindswell.org.uk or 07904885305

Brain development in young people: how it affects learning and behaviours

In this workshop you will learn how the brain develops in adolescence. This is a particularly sensitive period in brain development and it is necessary to understand the changes in perception, beliefs and behaviours that accompanies this process. Your organization can choose topics from the following elements:

1. Neurobiology in the adolescent brain
2. Natural challenges and behaviours in this period: risk taking, oversensitivity to feeling excluded etc
3. Self-harming, eating disorders and drug taking.
4. Anxiety and how to cope with exams stress
5. New technologies: how do they affect the developing brain.

Managing stress and anxiety

This workshop is oriented to understand and offer treatment options for those who suffer from anxiety and/or depression.

1. Signs and symptoms of depression and anxiety
2. Types of anxiety and depression
3. Treatment options
4. The role of a holistic approach and a trauma informed practice
5. Support and referrals

Mental Health awareness

This workshop presents the main signs and symptoms of the main diagnosis. In addition we explore relevant legislation, organizational policies and procedures and treatment options.

1. Key signs and symptoms of mental health problems and treatment

- options.
2. How mental health manifests differently depending on the environment (deprivation, gender differences, culture)
 3. Gender and cultural differences in the expression of mental distress
 4. Risk assessments and appropriate protocols to support people with mental health problems , e.g. how to respond when clients are experiencing hallucinations & delusions, self-harm, suicide, aggression
 5. Recovery focused practice

Narrative therapy: The power of words

"Narrative therapy is a method of therapy that separates the person from the problem and encourages people to rely on their own skill sets to minimize the problems that exist in their everyday lives"

1. Examine your clients core beliefs.
2. Understand how people portray to others and why
3. My story: from a paradigm based on personal deficit to strengths based approach.

Complex trauma: an informed practice

Trauma is different for every individual. An experience will be deemed as traumatic for an individual when the person feels that they lack the resources to face the challenge. Furthermore, trauma has a cumulative effect. Your organization will be able to choose topics from the following elements:

1. The flee, fight or freeze response
2. The effects of trauma on people's cognitive functions, relationships and ability to function in society.
3. Prevalence
4. "What has happened to you?"
5. Working effectively with people affected.

Introduction to formalized peer support

"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"

1. What makes the peer support worker role different?
2. Principles underlying formalized peer support
3. Developing professional boundaries
4. Organizational and legal frameworks such as confidentiality, duty of care, negotiating risks.
5. Self-care
6. Managing change

Recovery ready practice

"Designed to help people with serious mental health disorders achieve their full functional capability."

1. Introduction to recovery based practice
2. Partnerships and engagement
3. Person centered planning
4. Guiding principles and integrated approach.
5. Interventions in forensic settings
6. Community inclusion

7. Peer delivered services

Dual diagnosis: complex needs

“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”. Your organization can choose from the following elements.

1. Interactions between trauma and abuse
2. Understanding the effects of drugs/alcohol consumption on mental health
3. Current research
4. Exploring the links between self-injury, addictions, suicide and mental health issues.

Most of our courses are delivered over one or two days. The price for a full day training is **£550 for up to 25 delegates.**

We can provide shorter courses and our rates are: half-day (3.30 hours) £275 per session.

SELF-HARM

OPTION 1 Hurting to heal: raising awareness

This is an ideal option for people who would like to increase their awareness around self-harm related issues.

This session covers the basic information around self-harm: What is the difference between self-harm and suicide, who is at risk, why people do it, how to respond effectively to people who self-harm and risk assessments. There will be a screening of our resource Hurting to heal followed by a presentation from one of our peer educators.

AIM

Understand what we mean by self-harm.

OBJECTIVES

1. Finding a definition for self-harm
2. You will learn more about its prevalence
3. Exploring attitudes towards people who self-harm
4. Best response to people affected by self-harm

We will work with up to 25 people in each session. The duration is three hours and costs £275.

OPTION 2 BPS specialist accredited training on managing self-harming Behaviours

The British Psychological Society accredits this one-day workshop for the purpose of CPD and it is worth 6 hours. All participants get a Certificate with the BPS logo. This course is a bit more specialist and it is aimed at people who are working with people who self-harm and need support in the implementation of care plans. It is based upon the empowerment of people to learn how to manage their self-harm whilst

working with the underlying issues. The topics we deal with are as it follows

Research and theoretical background regarding self-harm.

Functions of self-harm

Live experience: everything you ever wanted to know but didn't dare to ask.

Risk assessments

Cessation and Intervention Model

Alternatives to self-injury

Safety kits

This option is slightly more expensive because it is accredited and it is essential that we don't have more than 20 people per session. The total cost for this option is **£550**. Prices include V.A.T, materials and BPS accreditation fee.

This option also includes a **typed up report** comparing measures of confidence, skills and knowledge before and after the training at extra cost (£30).

OPTION 3: CASE STUDIES: HARM MINIMISATION IN PRACTICE

It focuses on the challenges of applying a harm minimisation approach to support people who self-harm and may be at risk of suicide.

There will be discussions around cases they have been involved with and case scenarios. Delegates will have an opportunity to ask questions, and discuss their practice in a safe, non-judgmental environment with a very small group to ensure safety and comfort.

It will help attendees to develop a harm reduction approach when working with clients who self-harm.

Topics include

Case scenarios discussions

Good practice: discussing our feelings

Risk assessments, policy and procedures.

Wound care, scar management.

Safety kits.

Managing self-harm

NICE guidelines

Alternatives to self-harm

The cost for this course including materials, VAT, EXCLUDES travel expenses (max £150, if venue is further than 50 miles from Edinburgh) is £550 per session for up to 16 delegates.

OPTION 4: SELF-HARM, YOUNG PEOPLE AND BORDERLINE PERSONALITY DISORDERS

Borderline Personality Disorder is a disorder that has been diagnosed more often in the last couple of decades. It would seem that affect more women under the age of 35. Often symptoms include self-harm, suicide attempts, extreme fear of abandonment and impulsivity. Professionals may find these

symptoms challenging as a therapeutic relationship with people who attract a BPD diagnosis may be very intense.

During the **two days** we explore how diagnosis are reached, what are the symptoms affecting people who attract a Borderline Personality Disorder, and how do these symptoms affect their everyday life, what are the risks and treatment options, self-management, peer support and recovery.

AIM

During the two days participants will become familiar with "what it feels like" being diagnosed with a Personality Disorder, specifically a BPD. The aim to develop skills and tools to support clients to learn self-management through their recovery journey.

OBJECTIVES

1. Increase understanding of what is like to have a BPD diagnosis and how it affects people.
2. Improve confidence and skills in order to respond appropriately to the needs of those people who have a BPD diagnosis. Including risk management.
3. Explore the links between self-harm, suicide and Borderline Personality Disorders.
4. Support and help: where to go for help, advice and/or support.

Costs: £1100 for 20 participants, inclusive of materials, VAT and expenses

OPTION 5 WORKING WITH YOUNG PEOPLE WHO HAVE EATING DISORDERS AND ENGAGE IN SELF-HARM

In the broadest sense eating disorders comes under the umbrella term self-harm (deliberately inflicting damage to your body or health). Thus, there is a link there, in addition around 40% of people who experience eating distress such as binge or purge also self-injure (cutting, burning...)

Some of the reasons behind self-injury and eating disorders are similar such as low self-esteem, trauma, bullying, perfectionist personality among others. This is not to say that everyone who self-injures has an eating disorder or viceversa.

For some people self-injury and eating distress co-exist. Sometimes when people stop self-injuring, they may replace it with destructive eating patterns. It is more frequent among young females.

A person with lived experience of eating disorders and self-harm co-delivers this training course. In addition, it draws from professional experience and current academic research.

AIM

Understand what self-harm and eating disorders are and why they happen

OBJECTIVES

1. Warning signs and how to identify risks

2. Handling difficult conversations with young people around self-harm
3. Practical tools to help students
4. Appropriate response to self-harm incidents in schools
5. When and how to refer to other agencies

Costs: £550 for up to 20 delegates, includes V.A.T, materials, and expenses.

Option 6 Working effectively with young people who self-harm

This is a very comprehensive introduction to the topic. This one-day course is aimed at people who have not got a lot of experience and would like to understand why young people engage in self-harm and how to respond to people who self-harm. It is best to have no more than 16 people in each training session, although I am happy to go with 20 if that helps the organisation.

The workshop covers the following topics.

Understanding what is self-harm

Identifying warning signs that a young person may be self-harming

Supporting disclosure

Link between self-harm and suicide

When and how to approach a young person at risk

Responding to disclosure, normal pitfalls.

Developing support plans

Informing parents and discussing self-harm with young people.

The cost for this course including materials, VAT, EXCLUDES travel expenses (max £150 if more than 50 miles from Edinburgh) is £550 per session for up to 20 delegates.

“Around 90% of our delegates said that their needs had been met extremely well”.