

Harm Minimisation Training.

A key focus on harm reduction within Substance Misuse dependency. Plus a bespoke-designed opportunities to expand harm minimisation principles of other areas of health care motivation and support.



Evidence-based training from the experts in mental health and behavioural psychology:

Traditionally, the harm minimisation model involves practical strategies and ideas designed to minimise the negative consequences associated with substance misuse. Importantly, we can expand its principles and provide bespoke-designed training to support a wide range of health-focussed interventions outside the field of substance misuse psychology.

'Harm' is defined as the personal or physical undesirable outcome of behaviour that is not socially sanctioned. Rather than being judgemental and prescriptive in its desire to reduce harm; harm minimisation techniques support individuals to crystallise their own arguments against harmful behaviours and to plan and implement safer behaviours with less destructive and generally healthier outcomes.

Harm minimisation principles encourage and cultivate trusting relationships that allow insights and motivations towards personal health and wellbeing to emerge. The harm minimisation model use strategies and techniques that honour individual autonomy and choice.

Our harm minimisation model incorporates Motivational Interviewing techniques to effectively reduce resistance and improve client insights and commitments towards lifestyle changes that are internally motivated (rather than forced onto them). Through increased awareness of risk and a personal commitment to reduce personal harm, more effective and long term healthy outcomes may be derived.

There is good evidence that harm minimisation / motivational interviewing model works to influence change away from high risk behaviors – and this change has been found to occur across a wide variety of real life settings.

Key features of this workshop:

- The psychology of Reactance Theory and Cognitive Dissonance to support delegate knowledge and inform best practice in supporting more effective harm minimisation;
- Improved knowledge of the harm associated with different substances and the harm minimisation approach to specific drugs;
- Improved interaction skills and the principles of client-focussed directive counselling;
- Skills to expand and crystallise client / service user sense of frustration and

discontentment towards their self-defeating and harmful behaviours;

- Improve client insights, enhance coping skills and support resiliency;
 - Support clients and service users to envision and achieve personal treatment / life goals;
 - Support clients and service users to develop personal relapse prevention plan;
 - Decrease crisis and hospitalisations;
 - Decrease involvement with criminal justice system;
 - Develop skills to maintain mental health
- Improve communication skills.

One day or two day course formats available

All training is delivered on your premises and is available with, or without role play.

**Please telephone: 01332 362222
or email for further details**



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