

# MHT07 - Working with emotionally vulnerable clients and service-users training.



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

### **MHT07 Working with emotionally vulnerable clients and service-users:**

This training supports organisations and key staff to support clients and service users that may be vulnerable to emotional dysregulation and self-defeating behaviours. The workshop supports the best interests of both client and service provider and offers evidence-based training to support best practice in the promotion of emotional regulation and more harmonious client / service user relationships.

This event represents a commitment to help staff make sense of client / service-user reactions and responses within different contexts, to develop effective communication skills and to recognise the importance of managing risk and effective team work when working with emotionally vulnerable clients.

The training addresses the inherent sensitivities associated with personality disorder psychology and supports delegates to better understand key aspects of psychopathology to better-inform responses and communication strategies.

Delegates will improve general knowledge and develop a set of key skills that are effective in minimising conflict, reducing client / service users dysregulations and increasing appropriate client / service user harmony.

### **Key features of the workshop:**

- A clear focus on the diagnosis and associated challenges associated with personality disorder psychopathology with a key focus on the externalising disorders including Emotionally Unstable / Borderline personality disorder, Antisocial / Dissocial Personality Disorder, and Narcissistic Personality Disorder. Paranoid and Obsessive-Compulsive Personality Disorder will also be addressed;
- Understanding emotional dysregulation from the perspectives of anger and hostility, anxiety and fear-related situations and depression / dysthymia;
- A focus on the cognitive-behavioural model to improve awareness of client / service-user cognitions and better-understand the contexts of emotional dysregulation;
- A clear focus on the key causes and aspects of emotional dysregulation;
- Understanding psychological 'splitting' defences and the associated challenges;
- Understanding and responding to anger / frustration-related conflict and hostility with greater skills and efficiency;
- Understanding validation practice and the principles of validating dialectic to manage conflicts and improve client / service-user relations;

- Supporting clients / service-users with a range of skills to improve insights and regulate emotions;
- The importance of boundaries and understanding more complex, risk-related behaviours;
- Body-language training with a focus on micro-gestures and emotional displays to improve inside and support best practice;
- Forensic mental health risk factors and risk management;
- A focus on the risk-factors;
- Psychological interventions - Understanding the skills offered in Dialectical Behavioural Therapy, Mentalisation Based Therapy and amended CBT based principles.

### **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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