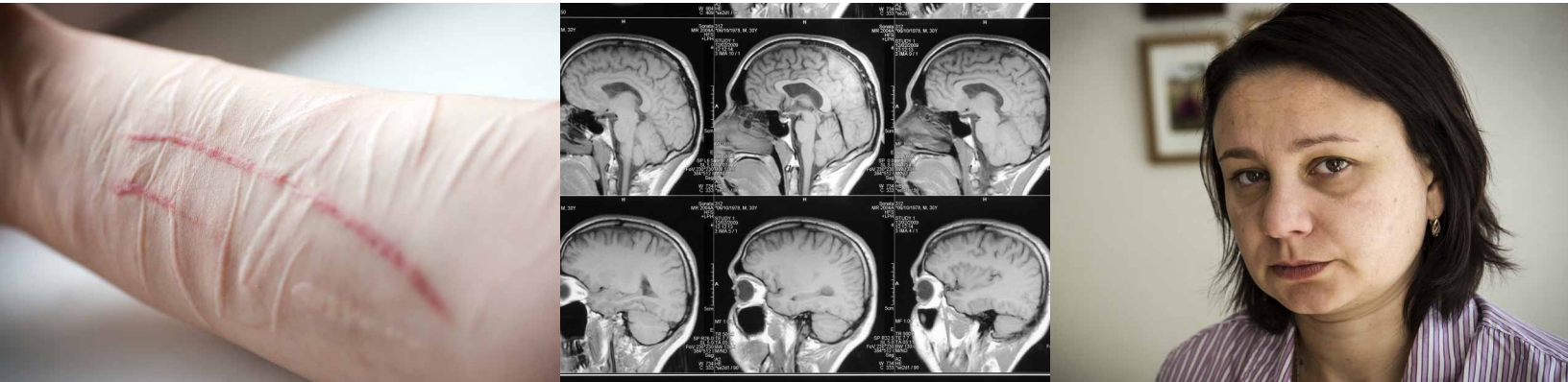


Mental Health Awareness Training Workshops.

Bespoke-designed solutions dedicated to your workplace and delivered onsite.



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

This workshop is designed to help individuals better-understand mental disorder and psychological health problems that may present in community, workplace or clinical setting.

We tailor this training to meet your organisational learning needs and take pride in supporting your ideas into a practical training event that meets all of your expectations.

This training is delivered by highly qualified experts in the field of psychiatry and is dedicated to improving knowledge, reducing stigma, improving signposting, and to the support of individuals who may be vulnerable to mental disorder.

We deliver a wide range of training courses / modules and details of these events can be found on our website. Whilst this workshop is described as 'awareness' training, it can include many of the modules that are included in our more complex and dedicated workshops.

This workshop is suitable for the layman and the professional clinician alike. It provides a structured opportunity to developing a more comprehensive working model of mental disorder in both community, workplace and clinical settings.

The issues, challenges and risks to individuals with mental health difficulties and those supporting them are addressed in a disorder specific order.

The training provides clearer insights to mental disorder through the use of video examples and patient histories. Delegates will learn to recognise symptomology and be better prepared to act appropriately, supportively, improve risk management and understand the basics of the therapeutic alliance.

All delegates will receive an abridged copy of the standard diagnostic literature together with a range of other screening tools used in the NHS. This will help delegates to develop a clearer understanding of mental illness through a focus on the diagnostic criteria used by professionals in the health services.

Typical content within a standard day's training:

- Understanding the terminology, biology and behavioural psychology of mental health disorders;
- Introduction to the human mind:-
 - Cognitions;
 - Emotions;
 - Behaviours;
 - Human Brain;
 - Body & Physiology (and its relationship to mental wellbeing);
- Childhood & developmental experiences and their relationship with mental wellbeing.
- Understanding the problems associated with abnormal cognitive processes of the above and how these may potentially present in mental disorder;
- Mood Disorders including Major Depression, Atypical Depression and Bipolar Disorder;
- Anxiety Disorders with a focus on Generalised Anxiety, Panic Disorder; Agoraphobia, Social Phobia, Object Phobias, PTSD & OCD;
- Chronic Psychosis & Schizophrenia;
- Dementia Syndromes;
- Mental Disorders due to an underlying physical health problem;



- Mental Disorder associated with substance misuse;
- Stress' will also be considered alongside the above disorders to allow delegates to understand the differences and misunderstandings.;
- Understanding the world through the eyes of an individual with mental disorder to improve empathic communications, supports, interactions and appropriate awareness of risk (safeguarding & staff safety needs if appropriate);
- Understanding treatment and service provisions in the NHS and how these may affect / complicate service-user behaviours.
- The perspective of the NHS including treatment and levels of service;
- Improving interactional styles, validating skills and signposting;
- Understanding The Mental Health Act and what it means to be 'Sectioned';
- Best practice in a psychiatric emergency;
- Understand Personality Disorder psychopathology;
- Understanding the psychological, emotional and psychiatric vulnerabilities of individuals on the Personality Disorder Spectrum (PD);
- Tailoring responses and interactions to better-manage client / service user vulnerabilities – saying the right words;

- Understand the behaviours associated with self-harm and suicide.
- Recognise the behaviours associated with increased risk (and where behaviours may be manipulative);
- Improve communicational styles and appropriate responses;
- Escalate concerns to the appropriate authorities;
- Risk Management protocols for lone working staff and public-facing staff;
- Understanding the potential consequences of inappropriate responses to unwelcome / emotionally-volatile behaviours and tailoring responses appropriately;
- The principles of validation and empathic communications;
- Understanding the importance of appropriate boundaries;
- Understanding the principles of Mental Health First Aid, and how to signpost concerns and keep people safe with appropriate behaviours and actions;
- Layman's counselling skills and techniques to support vulnerable or challenging situations.
- Mental Disorder is determined as a protective characteristic within The Equality Act 2010. In certain

circumstances, organisations are required to make 'Reasonable Adjustments' to minimise or reverse potential discrimination in the workplace. This workshop clarifies the situations when this is required and considers how this can be effectively achieved with typical examples.

Free post training support is available to all delegates on an informal basis. The timings are approximate and may change during the day as delegate needs are carefully addressed to ensure the training meets their exact needs.

This workshop start at 9.15 for a 9.30 start and usually completes at 4.15pm



The UK's Leading Provider on onsite Mental Health Training

Mental Health Training

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