



EXPERT TRAINING FOR CARERS AND PRACTITIONERS

OVERVIEW



INTRODUCTION

CPA offers a wide range of state-of-the-art training courses, all of which have received outstanding feedback from participants.

Our training deepens the knowledge and understanding of care staff and practitioners, giving them genuine insight into the difficulties faced by the people they are supporting. It also encourages them to reflect on their own working practice and interaction style, as well as the dynamics of the wider team. And most importantly, it equips them with a toolkit of evidence-based intervention strategies they can translate directly and immediately into their day-to-day work roles.

This training is a dynamic process of knowledge and skills acquisition that both informs and empowers carers and practitioners. It enables them to work more confidently, effectively and consistently, and in a genuinely therapeutic way.

We deliver training on-site, anywhere in the UK, for groups of up to 16 people at a time. Crucially, all courses are facilitated by Clinical and Counselling Psychologists who are active clinicians, rather than 'professional trainers' who no longer practice. They remain committed to their ongoing therapeutic work, but are equally passionate about sharing psychological insights and techniques with carers and practitioners.

OUR TRAINERS

- Highly qualified Clinical and Counselling Psychologists
- Active clinicians, not 'professional trainers'
- Experts in psychological well-being and functioning
- Engaging and enthusiastic
- Employed directly by us for quality and consistency (not associates)
- Available at locations across the UK



KEY OUTCOMES OF OUR TRAINING

- Increased knowledge and understanding
- Development of specific skills and expertise
- Practical toolkit of evidence-based therapeutic interventions
- Increased confidence and greater enthusiasm for work
- Genuinely reflective working practice
- Positive team culture



CPA provides this expert training – which can be reinforced by supervision and consultancy if required – in a diverse range of settings, such as: services for children, young people and families, including residential homes, schools and fostering agencies; services for adults with severe and enduring mental health problems and learning disabilities; and services for the treatment of substance misuse, including those in the criminal justice system.

Ranging from one-day workshops to more in-depth five-day programmes, all our training courses are highly engaging and interactive, but underpinned by strong theoretical foundations. Participants are taught how to apply practical therapeutic interventions that are grounded in research evidence, recommended by NICE and the Department of Health, and consistent with relevant national occupational standards. However, they are also encouraged to adopt a systemic perspective, allowing them to take account of the broader context, networks and environments in which people live.

WHAT TRAINING COURSES ARE AVAILABLE?

The table below outlines the training courses that are currently available – although new ones are continually under development. If a specific knowledge or skills gap has been identified within your organisation, we would be very happy to develop a new training course that is tailored to your precise requirements.

TRAINING COURSES	DURATION	PRINCIPAL FOCUS
Managing challenging behaviour	1 Day	Understanding challenging behaviour and managing it in a proactive way
Cognitive-behavioural management of challenging behaviour	2 Days	Preventing challenging behaviour through applying cognitive-behavioural techniques
Psychological approaches to de-escalating anger and aggression	1 Day	Managing aggressive outbursts in ways that avoid the need for physical intervention
Child development and attachment	1 Day	Recognising developmental milestones and strengthening attachment
Enhancing self-esteem	1 Day	Building positive self-esteem and reducing negative self-esteem
Positive approaches to risk management	1 Day	Assessing and managing risk issues in the most effective ways
Introduction to Attention Deficit Hyperactivity Disorder	1 Day	Understanding ADHD and working with young people to minimise its impact
Introduction to Autistic Spectrum Disorders	1 Day	Understanding how young people experience ASD and providing effective support
Mental health awareness	1 Day	Understanding the causes and impact on people of the most common mental health problems
Understanding and managing self-harm	1 Day	Developing skills and confidence in supporting people who self-harm
Child sexual abuse: The road to recovery	2 Days	Working with young people to help them overcome the long-term effects of abuse



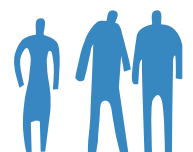
More training courses overleaf

Managing the symptoms of psychosis	2 Days	Helping people to manage the positive and negative symptoms of psychosis
Enhancing self-esteem in people with psychosis	2 Days	Recognising how psychosis impacts on self-esteem and taking action to break the link
Building resilience in young people	2 Days	Understanding the concept of resilience and helping young people to build it
Understanding eating disorders	2 Days	Understanding the impact of eating disorders and the treatment options that are available
Psycho-Social Interventions (PSI) for mental health difficulties	5 Days	Modules include: mental health awareness, interpersonal skills, managing conflict, coping strategy enhancement (CSE), social skills training, self-esteem, working with families and social networks, relapse prevention, and promoting recovery
Cognitive-behavioural therapy for substance misuse difficulties	5 Days	Modules include: basic principles of CBT, key techniques in CBT, therapeutic alliance, enhancing motivation to change, positive coping strategies, self-esteem, social skills and assertiveness, working with families and social networks, and relapse prevention
CBT for substance misuse difficulties (Level 1)	2 Days	Foundation of theoretical understanding of CBT and its application to substance misuse
CBT for substance misuse difficulties (Level 2)	2 Days	Builds on Level 1 and includes motivational enhancement, coping strategies, self-esteem, relapse prevention and recovery
Brief Psycho-Social Interventions for substance misuse difficulties	4 Days	Enables practitioners to deliver a structured programme of psycho-social interventions that includes node link mapping, CBT and motivational enhancement (for more information, visit www.psi-treatment.com)
Group Psycho-Social Interventions for substance misuse difficulties	5 Days	Enables practitioners to deliver a comprehensive 8-session group work programme and a parallel series of 8 one-to-one keyworking sessions (for more information, visit www.psi-treatment.com)
Webster-Stratton ('Incredible Years') parent training	5 Days	Enables carers, teaching staff and parents to manage behaviour problems and improve the quality of their relationships with children, using a 'gold standard' approach that is recommended by NICE

CONSULTANCY AND SUPERVISION

Where required, our training courses can be augmented with ongoing consultancy and supervision for care staff. Consultancy is highly effective in terms of maintaining the knowledge and skill base of staff teams long after they are trained. However, it is also a very powerful way of supporting and reinforcing the application in practice of the therapeutic interventions they learn through the training process. And this, in the long term, is likely to achieve the best possible outcomes.

Consultancy also provides a degree of clinical governance, and to this end we can assist organisations in evaluating the outcomes and demonstrating the effectiveness of any training we are commissioned to deliver.



Contact us today to discuss your specific training requirements.

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