

Courses available for in-house training

Courses – Options for delivery, duration, and maximum numbers*	Online	In-person
People skills		
Adult safeguarding	Half day: Max 12	One day: Max 16
Adult safeguarding for managers & DSL's	2 x Half days: Max 12	One day: Max 16
Brief solution focused therapy	One or two days: Max 16	Not currently available
Children's safeguarding	Half day: Max 12	One day: Max 16
Conflict resolution	Not currently available	One day: Max 16
De-escalation skills and challenging behaviour	Half day: Max 12	One day: Max 16
Effective communication using assertiveness techniques	Not currently available	One day: Max 16
Group facilitation	Not available	One day: Max 16
Groupwork skills	Not available	Two days: Max 14
Introduction to groupwork	Half day: Max 12	Not currently available
Lone working	Half day: Max 12	One day: Max 16
Managing difficult conversations/ Effective communication & improved conversations	Half day: Max 12	One day: Max 16
Motivational interviewing	One or two days: Max 16	One or two days: Max 16
Professional boundaries	Half day: Max 12	One day: Max 16
Wellbeing coaching skills	One day: Max 16	Not available
Managing teams		
Effective meetings	Half day: Max 12	Half day: Max 14
Facilitating group supervision	Not currently available	Two or three days: Max 14
Facilitating reflective practice	Half day: Max 12	Short or one day: Max 14
Introduction to coaching skills	Not currently available	One day: Max 12
Introduction to supervision	Half day: Max 12	One day: Max 16
Management & leadership (CPD Certified)*	4 x Half days: Max 12	Two days: Max 14
Managing difficult conversations/ Effective communication & improved conversations	Half day: Max 12	One day: Max 16
Project management & delivery	Not currently available	Two days: Max 16
Supervision skills (CPD Certified)*	Not currently available	One or two days: Max 15
The Race Equity Lab	Not currently available	One day: Max 16

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Courses	Online	In-person
Training & presentation		
Introduction to graphic/visual facilitation	2 x half days: Max 12	One day: Max 12
Speaking with confidence	Not currently available	One day: Max 14
Training for trainers (CPD Certified)*	Not currently available	One day: Max 14 Two days: Max 12 2.5 days: Max 12 (includes half day online)
Mental health & wellbeing		
Addressing ACE's and complex trauma	One or two days: Max 16	Not currently available
Adult/Youth Mental Health First Aid	4 x half days: Max 12	Two days: Max 16
Anxiety & depression	Half day: Max 12	Half day: Max 16
ASIST - Applied Suicide Intervention Skills	Not available	Two days: Minimum 15; Maximum 30
Building vicarious resilience	Half day: Max 12	One day: Max 16
CBT Tools for stress and anxiety	Not available	One day: Max 16
Emotional regulation and the nervous system	Half day: Max 16	Short day: Max 16
Mental health & wellbeing awareness	Half day: Max 12	One day: Max 16
Mental Health First Aid Refresher	Not available	Short day: Max 16
Personality disorder awareness	Half day: Max 12	One day: Max 16
Practical management of ADHD	One or two days: Max 16	Not currently available
Practical management of PTSD	One or two days: Max 16	Not currently available
Psychologically informed environments	One or two days: Max 16	Not currently available
Resilience skills	One day: Max 16	Not available
Responding to domestic abuse	One day: Max 16	One day: Max 16
Responding to mental health crisis/ Callers in crisis	Half day: Max 12	One day: Max 16
Seven ways to build resilience (video based)	3 hours: No Limit	Not available
Suicide intervention/ Self-harm and suicide intervention (one day)	Half day: Max 12	One day: Max 16
Sustaining empathy: Preventing burnout	Not available	One day: Max 12
Trauma informed practice	Not available	One day: Max 16
Understanding bipolar	Half day: Max 12	Half day: Max 16

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Courses	Online	In-person
Mental health & wellbeing cont'd		
Understanding personality disorder in practice	Short day: Max 12	One day: Max 16
Understanding psychosis	Half day: Max 12	Half day: Max 16
Working with 'stuckness' in clients	One day: Max 16	Not currently available
Working with young people with complex needs	One or two days: Max 16	Not currently available
Drugs including alcohol		
Addiction, dependency and recovery	One day: Max 16	Not currently available
Controlled drinking programme	Two days: Max 16	Not currently available
Drugs including alcohol; awareness & brief interventions/harm reduction	2 x Half days: Max 16	One day: Max 16
Dual diagnosis (Substance misuse & mental health)	One or two days: Max 16	Not currently available
Outcome informed practice	One day: Max 16	Not currently available
Parent & carers training (PACT)/ Working with concerned others	One day: Max 16	Not currently available
Pregnancy & substance use	One day: Max 16	One day: Max 16
Parenting & substance use	One day: Max 16	One day: Max 16
Supporting recovery: Preventing relapse (CBT based relapse prevention)	One or two days: Max 16	Not currently available

* **CPD certified courses – certified by the CPD certification service**

** **Maximum numbers based on course content, duration and delivery method (online or in-person)**

*** **For in-person training**, maximum numbers are based on room size and reasonable distancing for participants.

Full course outlines available on request.

Where courses offer one or two day alternatives, we would recommend the two day course to enhance opportunities for skills practise and embedding learning in to practice.

Many of these courses can also be booked as individual places on our open programme, online or in-person in Bristol. Contact us for details: info@trainingexchange.org.uk

Other courses are available on request - our network of associate trainers cover many more areas of expertise. Contact us to explore your training needs.