

The Training Exchange programme at a glance



Courses in Bristol and Online 2024-25

Enjoy the benefits of learning in multi-agency groups with people from a range of backgrounds in public, private and voluntary sectors, including health & social work criminal justice, housing & homelessness, education, workplace wellbeing, youth & community.

Courses Online (delivered over zoom)

May 2024	14	Practical management of PTSD (<i>one day online</i>)
	15 (am)	Adult safeguarding (<i>half day online</i>)
	22	Addiction, dependency and recovery (<i>one day online</i>)
June	04 & 11	Motivational interviewing (<i>two days online</i>)
July	15	Dual diagnosis (<i>one day online</i>)
Oct	08 (am)	Self harm (<i>half day online</i>)
	09 (am)	Suicide intervention (<i>half day online</i>)
	17	Resilience skills (<i>one day online</i>)
	22	Wellbeing coaching skills (<i>one day online</i>)
	23 (am)	Professional boundaries (<i>half day online</i>)
Nov	05 (am)	Callers in crisis (<i>half day online</i>)
	06	Supporting recovery: Preventing relapse (<i>one day</i>)
	21	Working with treatment resistant clients (<i>one day</i>)
Dec	09	Working with young people with complex needs
Jan 2025	29	Brief solution focused therapy (<i>one day online</i>)
Feb	05 & 12	Motivational interviewing (<i>two days online</i>)
	26	Building vicarious resilience (<i>half day online</i>)

Seven ways to build resilience practical strategies in an online video resource.
Available anytime for individuals and teams from £15 - £30 +VAT per place

Venues and Costs

Courses take place either online or at accessible venues in Bristol.
Courses start at 9.30am and end by 4.30pm (1.00pm for half days).

Half day courses £100 (+VAT)

Short day courses from £120 (+VAT) * *Mental Health First Aid Refresher £150 +VAT*

One day courses £150 (+VAT)

Two day courses from £250 (+VAT) ** *Mental Health First Aid, Management & leadership and ASIST courses £280 (+VAT)*

Courses in Bristol (in-person)

June 2024	06	Speaking with confidence
	18	CBT tools for stress & anxiety
July	03 & 04	Adult Mental Health First Aid
	09 & 10	ASIST (Applied Suicide Intervention Skills)
Sept	25 & 26	Supervision skills
Oct	02	Mental Health First Aid Refresher (<i>short day</i>)
	03	Understanding personality disorder in practice
	15 & 16	Training for trainers
Nov	07 (am)	Emotional regulation and the nervous system (<i>half day in-person</i>)
	12	Responding to domestic abuse
	13 & 14	Adult Mental Health First Aid
	19	Sustaining empathy: Preventing burnout
	20 & 21	Management & leadership
	27 & 28	Groupwork skills
	Feb 2025	06
	13	Facilitating reflective practice (<i>short day</i>)

How to book courses

Book online at **www.trainingexchange.org.uk**
or request a booking form by email **info@trainingexchange.org.uk**
or phone **0117 941 5859**

Two concessionary places are available on each course.

Courses run with a maximum of 12-30 people

Contact us for more information and detailed course outlines