

Courses available for in-house training

| COURSES – Options for delivery, duration, and maximum numbers* | Online | Face to Face |
|--|-------------------------|--|
| PEOPLE SKILLS | | |
| Professional boundaries | Half day: Max 14 | One day: Max 16 |
| Adult safeguarding | Half day: Max 14 | One day: Max 16 |
| Loneworking | Not available | One day: Max 16 |
| Adult safeguarding for managers | 2 x Half days; Max 12 | One day: Max 16 |
| Children’s safeguarding | Half day: Max 12 | One day: Max 16 |
| Introduction to groupwork | Half day: Max 12 | Not available |
| Group facilitation | Not available | One day: Max 16 |
| Groupwork skills | Not available | Two days: 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 |
| Conflict resolution | Not currently available | 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 | Not available |
| Brief solution focused therapy | One or two days: Max 16 | Not available |
| MANAGING TEAMS | | |
| Introduction to supervision (half day online) | Half day: Max 12 | One day: Max 16 |
| Supervision skills | Not currently available | One or two days: Max 16 |
| Facilitating group supervision | Not currently available | One or two days: Max 16 |
| Facilitating reflective practice | Half day: Max 12 | One day: Max 16 |
| Management & leadership (CPD Certified) | 4 x Half days: Max 12 | Two days: Max 16 |
| Approaches to conflict in the workplace | Not currently available | Half day, add on to Management & leadership Max 16 |
| Managing difficult conversations/ Effective communication & improved conversations | Half day: Max 12 | One day: Max 16 |
| Creative approaches to team meetings | Half day: Max 12 | Half or one day: Max 16 |
| The Race Equity Lab | Not currently available | One day: Max 16 |
| Setting up peer mentoring in health & social care | Half day: Max 16 | Half day: Max 16 |

| COURSES | Online | Face to Face |
|---|-------------------------|-------------------------------------|
| TRAINING & PRESENTATION | | |
| Speaking with confidence | Not currently available | One day: Max 16 |
| Training for trainers (CPD Certified) | Not currently available | One day: Max 16 Two days: Max 12 |
| Introduction to visual facilitation | 2 x half days: Max 12 | One day: Max 12 |
| MENTAL HEALTH & WELLBEING | | |
| Adult/Youth Mental Health First Aid | 4 x half days: Max 12 | Two days: Max 16 |
| Mental Health First Aid Refresher | Not available | Short day: Max 16 |
| Mental health awareness | Half day: Max 12 | One day: Max 16 |
| Suicide intervention/ Self harm Self-harm and suicide intervention (one day) | Half day: Max 12 | One day: Max 16 |
| ASIST - Applied Suicide Intervention Skills | Not available | Two days: Minimum 15; Maximum 30 |
| Personality disorder awareness | Half day: Max 12 | One day: Max 16 |
| Understanding personality disorder in practice | Not available | One day: Max 16 |
| Responding to mental health crisis/ Callers in crisis | Half day: Max 12 | One day: Max 16 |
| CBT Tools for stress and anxiety | Not available | One day: Max 16 |
| Resilience skills | One day: Max 16 | Not currently available |
| Seven Ways to Build Resilience (video based) | 3 hours: No Limit | Not available |
| Wellbeing coaching skills | One day: Max 16 | Not currently available |
| Building vicarious resilience | Half day: Max 12 | One day: Max 16 |
| Emotional regulation and the nervous system | Half day: Max 16 | Half day: Max 16 |
| Working with treatment resistance | One day: Max 16 | Not currently available |
| Working with young people with complex needs | One or two days: Max 16 | Not currently available |
| Addressing ACE's and complex trauma | 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 |
| Responding to domestic abuse | One day: Max 16 | One day: Max 16 |

| COURSES | Online | Face to Face |
|---|-------------------------|-------------------------|
| MENTAL HEALTH & WELLBEING Cont'd | | |
| Sustaining empathy: Preventing burnout | Not available | One day: Max 12 |
| Anxiety & depression | Half day: Max 12 | Half day: Max 16 |
| Understanding bipolar | Half day: Max 12 | Half day: Max 16 |
| Understanding psychosis | Half day: Max 12 | Half day: Max 16 |
| DRUGS including alcohol | | |
| Drugs including alcohol; awareness & brief interventions/harm reduction | 2 x Half days; Max 15 | One day: Max 16 |
| Addiction, dependency and recovery | One day: Max 16 | Not currently available |
| Supporting recovery: Preventing relapse (CBT based relapse prevention) | One or two days: Max 16 | Not currently available |
| Dual diagnosis (Substance misuse & mental health) | One or two days: Max 16 | Not currently available |
| Controlled drinking programme | Two days: Maximum 16 | Not currently available |
| Parent & carers training (PACT)/ Working with concerned others | One day: Max 16 | Not currently available |
| Outcome informed practice | One day: Max 16 | Not currently available |

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

**** 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.