

# The Training Exchange programme at a glance



## Courses in Bristol and Online 2024

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)

<b>March 2024</b>	19	Brief solution focused therapy ( <i>one day online</i> )
<b>April</b>	30 (am)	Building vicarious resilience ( <i>half day online</i> )
<b>May</b>	08 (am) 14 15 (am) 22	Professional boundaries ( <i>half day online</i> ) Practical management of PTSD ( <i>one day online</i> ) Adult safeguarding ( <i>half day online</i> ) Addiction, dependency and recovery ( <i>one day online</i> )
<b>June</b>	04 & 11	Motivational interviewing ( <i>two days online</i> )
<b>July</b>	15	Dual diagnosis ( <i>one day online</i> )
<b>Oct</b>	08 (am) 09 (am) 17	Self harm ( <i>half day online</i> ) Suicide intervention ( <i>half day online</i> ) Resilience skills ( <i>one day online</i> )
<b>Nov</b>	05 (am) 06 21	Callers in crisis ( <i>half day online</i> ) Supporting recovery: Preventing relapse ( <i>one day</i> ) Working with treatment resistant clients ( <i>one day</i> )
<b>Dec</b>	09 TBC	Working with young people with complex needs Practical positive psychology (2 x <i>half days online</i> )

### Courses in Bristol (in-person)

<b>March 2024</b>	06	Facilitating reflective practice ( <i>short day</i> )
<b>April</b>	17 & 18 23 & 24 25	Management & leadership Supervision skills De-escalation skills & challenging behaviour
<b>May</b>	21	Responding to domestic abuse
<b>June</b>	05 06 18	Mental Health First Aid Refresher ( <i>short day</i> ) Speaking with confidence CBT tools for stress & anxiety
<b>July</b>	03 & 04 09 & 10	Adult Mental Health First Aid ASIST (Applied Suicide Intervention Skills)
<b>Oct</b>	03 15 & 16	Understanding personality disorder in practice Training for trainers
<b>Nov</b>	07 (am) 13 & 14 19 27 & 28	Emotional regulation and the nervous system ( <i>half day in-person</i> ) Adult Mental Health First Aid Sustaining empathy: Preventing burnout Groupwork skills

**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)

## How to book courses

Book online at **[www.trainingexchange.org.uk](http://www.trainingexchange.org.uk)**  
or request a booking form by email **[info@trainingexchange.org.uk](mailto: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