

The Training Exchange programme at a glance

Courses in Bristol and Online 2025-26

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



Courses Online (delivered over zoom)

May 2025	13 21 (am)	Addiction, dependency and recovery Setting up peer mentoring (<i>half day</i>)
June	11	Dual diagnosis
Oct	01 (am) 07 & 14 09 15 (am)	Callers in crisis (<i>half day</i>) Motivational interviewing Resilience skills Professional boundaries (<i>half day</i>)
Dec	02 & 09	Practical management of ADHD
Nov	11 (am) 13 (am) (2 x <i>half day, am</i>) 18 & 25 19 26 (am)	Self harm (<i>half day</i>) Facilitating reflective practice (<i>half day</i>) Drugs including alcohol: <i>Awareness & brief interventions</i> Supporting recovery: Preventing relapse Suicide intervention (<i>half day</i>)
Feb 2026	10 (am) 25 26 (am)	Adult safeguarding (<i>half day</i>) Brief solution focused therapy Adult safeguarding for managers (<i>half day</i>)
Mar	03 04 05 10 (am) 26	Practical management of PTSD Domestic abuse: Good practice responses Wellbeing coaching skills Building vicarious resilience (<i>half day</i>) Working with 'stuckness' in clients

Courses in Bristol (in-person)

May 2025	8 14 & 15	Understanding personality disorder in practice Training for trainers
June	04 05 12 18 & 19	Motivational interviewing Speaking with confidence CBT tools for stress & anxiety Management & leadership
July	02 & 03 09 & 10	ASIST (Applied Suicide Intervention Skills) Youth Mental Health First Aid
Sept	24 & 25	Supervision skills
Oct (<i>short day</i>)	08 (<i>short day</i>) 16 21 & 22	Mental Health First Aid Refresher Emotional regulation: Polyvagal theory in practice Adult Mental Health First Aid
Nov	05 06 20 & 27	Trauma informed practice De-escalation skills & challenging behaviour Facilitating group supervision
Dec	03	Sustaining empathy: Preventing burnout
Feb 2026	11 & 12	Groupwork skills
Mar (<i>short day</i>)	18	Facilitating reflective practice

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) One day courses £150 (+VAT)

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

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

Courses run with a maximum of 12-30 people

Two concessionary places are available on each course.

All these courses and more are available in-house for teams

Contact us for more information and detailed course outlines