

The Training Exchange programme at a glance

Courses in Bristol and Online 2025

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)

Jan 2025	29	Brief solution focused therapy (<i>one day online</i>)
Feb	05 & 12	Motivational interviewing (<i>two days online</i>)
	25	Practical management of PTSD (<i>one day online</i>)
	26 (am)	Building vicarious resilience (<i>half day online</i>)
March	04 (am)	Adult safeguarding (<i>half day online</i>)
	18	Working with 'stuckness' in clients (<i>one day online</i>)
	27	Wellbeing coaching skills (<i>one day online</i>)
May	1	Domestic abuse: Good practice responses (<i>one day</i>)
	13	Addiction, dependency and recovery (<i>one day online</i>)
June	11	Dual diagnosis (<i>one day online</i>)
Oct	01 (am)	Callers in crisis (<i>half day online</i>)
	07 & 14	Motivational interviewing (<i>two days online</i>)
	15 (am)	Professional boundaries (<i>half day online</i>)
Nov	11 (am)	Self harm (<i>half day online</i>)
	19	Supporting recovery: Preventing relapse (<i>one day</i>)
	26 (am)	Suicide intervention (<i>half day online</i>)
	TBC	Resilience skills (<i>one 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) 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)

Courses in Bristol (in-person)

Feb 2025	06	De-escalation skills & challenging behaviour
	13	Facilitating reflective practice (<i>short day</i>)
March	05 & 06	Supervision skills
	12 & 13	Groupwork skills
	19	Drugs including alcohol: Awareness & brief interventions
April	02 & 03	Adult Mental Health First Aid
	24	Understanding personality disorder in practice
	29 & 30	Facilitating group supervision
May	14 & 15	Training for trainers
June	05	Speaking with confidence
	12	CBT tools for stress & anxiety
	18 & 19	Management & leadership
July	02 & 03	ASIST (Applied Suicide Intervention Skills)
	09 & 10	Youth Mental Health First Aid
Oct	08	Mental Health First Aid Refresher (<i>short day</i>)
	21 & 22	Adult Mental Health First Aid
Nov	13	Emotional regulation & the nervous system (<i>short day</i>)
Dec	03	Sustaining empathy: Preventing burnout

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