

# The Training Exchange programme at a glance

## Courses in Bristol and Online 2021-22

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 care, criminal justice, housing & homelessness, education, workplace wellbeing, youth & community.

The logo for The Training Exchange, featuring the text 'the TRAINING exchange' in a sans-serif font. 'the' is in a smaller, lighter font, 'TRAINING' is in a larger, bold, dark blue font, and 'exchange' is in a smaller, lighter font. The text is enclosed within a stylized orange and yellow swoosh that curves around the top and right sides.

### Courses in Bristol

<b>Sept 2021</b>	23	Understanding personality disorder in practice
	28	CBT tools for stress & anxiety
	29	Working with young people with complex needs
<b>Oct</b>	13	Addiction, dependency & recovery
	15	Speaking with confidence
	19 & 20	Adult Mental Health First Aid
<b>Nov</b>	02 & 03	Management & leadership
	10 & 11	Groupwork skills
<b>April 2022</b>	05	Challenging & aggressive behaviour
	06 & 07	Adult Mental Health First Aid
	28	Training for trainers
<b>May</b>	10	Domestic abuse & complex needs
	11	Sustaining empathy: Preventing burnout
	18 & 19	Supervision skills
<b>June</b>	10	Working with stuck clients (TBC)
	14 & 15	Management & leadership
	16	CBT tools for stress & anxiety
	21	Practical management of PTSD (TBC)
	28 & 29	Groupwork skills
<b>July</b>	06	Introduction to visual facilitation
	11	Addiction, dependency & recovery (TBC)

### 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 from £100 (+VAT)**

**1 day courses from £150 (+VAT)**

**2 day courses from £250 (+VAT) \***

\* Mental Health First Aid & Management & leadership courses £275 (+VAT)

### Courses Online

<b>Nov 2021</b>	04 & 18 (am)	Resilience skills (2 x half days online)	
	16 (am)	Professional boundaries (half day online)	
	17	Supporting recovery: Preventing relapse (one day online)	
	25 (am)	Managing difficult conversations (half day online)	
	26	Practical management of PTSD (one day online)	
	30 (am)	Introduction to supervision (half day online)	
	<b>Dec</b>	01	Working with stuck clients (one day online)
		09 (am)	Facilitating reflective practice (half day online)
<b>Jan 2022</b>	25 (am)	Suicide intervention (half day online)	
<b>Feb</b>	04 & 11	Motivational interviewing (two days online)	
<b>March</b>	01	Brief solution focused therapy (one day online)	
	08	Dual diagnosis (one day online)	
	10 & 24 (am)	Resilience skills (2 x half days online)	
	17 (am)	Responding to mental health crisis (half day online)	
	25 (am)	Adult safeguarding (half day online)	

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

**The Training Exchange Covid response plan:** Face-to-face training will be delivered to smaller groups in larger rooms with space for social distancing and Covid-safety measures in place. If face-to-face training is not possible, where practical we will deliver

### 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 12-16 people**

Contact us for more information and detailed course outlines