

St Mungo's ACE Service – Training Courses 2024-2025

All sessions can be delivered in person or online. Half day courses (usually 3-3.5 hours) are priced at £300, with the exception of 'Effectively supporting people who have experienced trauma' (4 hours) which is priced at £450. Full day courses are £500. Shorter sessions or webinars (2 hours) are £200.

Please contact us to enquire about more bespoke training sessions or to discuss your needs and budget – naomi.grant@mungos.org

Supporting People with Mental Health Needs (full day or half day)

Overview: and aim: to provide staff with an opportunity to develop skills in supporting people with a range of mental health needs

Outcomes and objectives: to be able to explain the concept of mental health and wellbeing; to be able to recognise psychological distress and our reaction to it; to identify ways to manage communication barriers; to demonstrate ways to bring up the subject of mental health; to consider ways to support people and manage crisis situations; and to know how to look after yourself in your work.

Effectively supporting people who have experienced complex trauma (half day)

Overview and aim: developed in collaboration with clinical psychologists and psychotherapists, this course provides an introduction to understanding the nature of trauma and how best to support people who have experience of trauma. This session draws on evidence based practice and makes use of reflective discussion and experiential activities to provide a foundational knowledge of trauma which can be applied in a range of roles.

Outcomes and objectives:

- Explain the differences between different kinds of trauma: PTSD vs complex trauma
- Describe the concept of attachment and how this can impact emotional regulation, relationships and behaviour
- Summarise how the brain adapts to trauma
- Describe evidence based trauma informed approaches to support
- Discuss how to apply trauma informed approaches in practice
- Reflect on the importance of workers and volunteers looking after themselves in their roles

Personality Disorders and Complex Trauma (full day)

Overview and aim: To discuss the meaning and effects of the difficulties associated with personality disorder and its relationship with complex trauma. This course will provide delegates with an overview of trauma informed care principles to apply in their roles to better support clients.

Outcomes and objectives:

- To be able to describe the meaning and influences of personality disorder

- To discuss the ways in which we can recognise perceived personality difficulties
- To outline the link between complex trauma and the difficulties associated with personality disorder
- To define the meaning and causes of complex trauma and the differences between complex trauma and PTSD
- To be able to explain attachment patterns and how these impact mood regulation, relationships and behaviour
- To explore different ways of describing the difficulties associated with personality disorder
- To discuss trauma informed care principles to better support people
- To learn how to apply these principles using a formulation framework
- To discuss how best to look after ourselves in our work

Personality Disorder and Managing Challenging Relationships (half day)

Overview and aim: to provide an introduction to the concept of personality disorders and perceived personality difficulties, and how best to support people who may experience the difficulties associated with this misunderstood diagnosis.

Outcomes and objectives: to be able to describe the meaning and causes of personality disorder; to discuss the ways which we can recognise perceived personality difficulties; to explore different ways of describing these difficulties; and to learn how to use a formulation tool to better support people and manage our own emotions in our roles.

Introduction to Motivational Interviewing (half day)

Overview: an introduction to motivational interviewing and how to use this in your work

Outcomes and objectives: knowing the history of MI and when it can be useful, understanding the key concept of ambivalence, an awareness of the ‘spirit’ of MI, and experiencing and practicing some of the key skills used.

Listening skills (half day)

Overview: to complement motivational interviewing training and build on other related training around how to listen more effectively and have more helpful conversations about change

Outcomes and objectives: learn and practice some key skills to help with and demonstrate listening; explore the idea of “Roadblocks to Communication”; refresh; to build on and consolidate existing listening skills; and to identify and set personal objectives for listening skills improvement

Creating supportive environments for transgender and non-binary people (half day)

Overview: to raise awareness and promote change around how teams acknowledge and support gender diversity and inclusivity

Outcomes and objectives: discuss what it means to be transgender (trans) or non-binary (NB); explain the what the law says; consider the content of organisational policies on gender inclusion;

explore the support needs of trans and NB clients and co-workers; and demonstrate what good practice looks like

Effectively supporting people with OCD (half day)

Overview: existing definitions and discourse on OCD are not always reflective of the reality of living with the condition. This session aims to uncover the complexities of OCD that are sometimes obscured by myths and preconceptions to build a more nuanced picture of this multifaceted condition. In particular, these insights will inform discussion around how best to support clients and how to understand OCD within the wider framework of mental health conditions

Outcomes and objectives: to define the meaning of OCD; explain different ways in which OCD can be experienced; discuss the relationship between OCD and other conditions; summarise the neurological and psychological underpinnings of OCD; and describe ways of effectively supporting people with OCD

Introduction to carrying out effective case formulation (half day)

Overview: to introduce participants to using a formulation approach to better understand, work with and plan in challenging cases

Outcomes and objectives: to summarise why formulation exists and when it is most useful; define the core components of a case formulation; demonstrate how to carry out an effective formulation; outline key benefits of using a formulation approach; and describe similar approaches that can be complementary

Engagement skills (half day)

Overview: to offer an overview of how to better work with so called, 'hard to engage' or 'hard to reach' clients

Outcomes and objectives: to expand our understanding of engagement difficulties; share key learning from ACE and engagement specialist services; define key engagement skills & strategies; collectively determine what good assertive contact and engagement looks like

We also provide a range of shorter webinars and bespoke sessions around other mental wellbeing and diversity topics. Examples include: introduction to intersectionality, train the trainer skills, and working with anxiety

Please contact us to discuss further – naomi.grant@mungos.org