

Venue

The Wells Place Centre is easily accessible from the M3 and M27. There are a number of public car parks nearby and disabled spaces just outside the front entrance. We recommend travelling by train as Eastleigh train station is only a 5 minute walk away. If you do decide to travel by car, the Swan Shopping Centre Car Park and the Mitchell Road Multi-Storey Car Park are the closest, however charge approximately £8.50 for a full day and the Swan Shopping Centre Car Park charges £13.50 for over 7 hours.

Refreshments

Tea, coffee and refreshments will be available from 9.30am on arrival with a view to start promptly at 10am. Lunch is not included in the training cost but can be easily purchased on the day from the onsite cafeteria or from a number of food outlets only a few minutes' walk from the centre.

Booking Details

The cost one day is £120 (inc. VAT) per person and both days can be booked at the discounted rate of £195 (inc.VAT). To book your place, please send a booking form and proof of payment (e.g. cheque or BACS remittance) to Mary O'Byrne at our Widley office or electronically to mary@psychologychartered.co.uk Cancellations made with less than 2 weeks' notice will still be charged in full. Our booking form and further information can be found on our website psychologychartered.co.uk or by email to Paul Walshe on paul@psychologychartered.co.uk.



Support Worker Training Programme June 2015

Effective Stress Management for Support Workers and Carers

June 24th 10am-4:30pm

Delivered by Dr Sarah Walker-Bircham and Charlotte McWilliam

Working With Clients we Experience as Challenging

June 25th 10am-4:30pm

Delivered by Dr Richard Maddicks and Paul Walshe

June 24th 10am-4:30pm

Effective Stress Management for Support Workers and Carers

Working supporting and caring for others often presents specific, significant stresses in addition to those experienced in other areas of our lives. Stress is a normal human response but if ignored or mismanaged can lead to serious physical and mental health difficulties.

Psychological evidence indicates that there are a variety of ways in which we can improve how we manage stress. When introduced into our daily routine these changes can have far reaching benefits for ourselves and the people around us.

Delivered by a Clinical Psychologist and Assistant Psychologist, this training day is an opportunity for support workers and carers to work together to learn and practice a number of strategies and techniques including:

- Identifying causes and triggers for stress
- Recognizing the importance of prevention and early intervention
- Cognitive-behavioural approaches
- compassion focused interventions including mindfulness
- progressive muscle relaxation techniques
- identifying and overcoming obstacles to managing stress effectively

This will be an active day with the emphasis on participants practicing techniques and considering how they could introduce new approaches to their own personal stress management plans. No previous training or level of experience is assumed.

Dr Sarah Walker-Bircham, Consultant Clinical Neuropsychologist, has worked for over 10 years as a practitioner within the NHS and independently. She has vast experience of working with adults with an acquired brain injury in both a local rehabilitation unit and in the community. She has recently been involved with running a successful Mindfulness Meditation group for individuals affected by stroke.

Charlotte McWilliam, Assistant Psychologist, graduated in 2012 and since then, Charlotte has worked as an Assistant Psychologist in Neuro-rehabilitation and Dementia Care as well as doing support work for individuals with brain injuries. As well as working for Psychology Chartered, Charlotte also works as an Assistant in a child psychology service.

June 25th 10am-4:30pm

Working With Clients we Experience as Challenging

Targeting the very specific and often challenging aspects of working with adults with an acquired brain injury, this one day course will improve the support worker's ability to:

- Identify and address the emotional impact on themselves when working with challenging clients
- Achieve and maintain rapport with clients following difficult episodes or disengagement
- Engage clients who are difficult to motivate (examples may include enabling a client to complete self-care tasks, undertake community based activities etc.)
- Improve knowledge and skills regarding how to effectively interact, communicate and 'debrief' with clients with cognitive and communication difficulties

The training will be informed by a wide range of psychological models including Psycho-educational information regarding brain injury

- Neuro-anatomical models
- Listening skills / motivational interviewing
- Cognitive & Behavioural Models
- Compassion focus & Mindfulness approaches

The training event is suitable for support workers of different levels of experience although some initial experience of work with this client group is likely to be of benefit.

Dr Richard Maddicks, Consultant Clinical Psychologist, has worked in neuro-rehabilitation settings in both the NHS and independent sector since 1996. 17 years' experience in medico-legal work has seen him instructed as an expert neuropsychologist in many diverse and complex civil, criminal and family law cases. However, his strong interest in neuro-rehabilitation and treatment has also underpinned an emphasis on therapeutic work with patients following trauma, head injury and various complex neuropsychological presentations.

Paul Walshe, Assistant Psychologist, before and during his studies Paul has worked with supporting people involved with the Youth Justice System, children and adult social services and more recently focusing on supporting clients with their rehabilitation following an acquired brain injury.