

Solihull Approach 2 Day Foundation training: 'Keeping Trauma in Mind'

The 'Keeping Trauma in Mind' Solihull Approach training is designed for any practitioner working predominantly with adult clients or service users from any agency.

This training aims to increase emotional health and well-being, as well as introducing delegates to the developmental effects of childhood trauma in relation to working with adults and their families.

The Solihull Approach introduces a model for understanding the impact of relationships on health and wellbeing and the impact of adverse childhood experiences on health and wellbeing. It supports effective and consistent approaches across agencies as a shared framework.

The training is for 12 people at a time, and is suitable for Psychologists, Psychiatrists, Community Psychiatric Nurses, Mental Health Workers, Social Workers, Support Workers, Project Workers, Housing Officers, Probation Officers, Community Police and others to help practitioners develop an understanding of key concepts that are central to thinking about relationships. The Solihull Approach underpins and supports all models of therapy by focussing on the building blocks for healthy relationships, so that specific techniques can be more effective.

Individuals in the UK can attend one of the regular trainings held in Solihull.

There are two weeks between Day 1 and Day 2 to enhance theory into practice.

Each delegate will need a relevant Supporting Information Booklet £10 (included in the cost of training in Solihull for individuals).

We have found that in order to support professionals' continued use of the Solihull Approach model and to move theory into practice, it is vital to put into place a plan for ongoing support before the training begins. Many areas have found a variety of ways of providing support. The adult workers attending the pilot 'Keeping Trauma in Mind' trainings have been supported by a further four x 1.5 hour practice development sessions, which are considered to have made a big difference.

Typical length:

2 days, with 2 weeks between Day 1 and Day 2

Aim of training:

To introduce practitioners to the Solihull Approach model as applied to working with adult clients. To introduce practitioners to Trauma, make links between relational trauma and mental health diagnoses, and understand how the Solihull Approach model is relevant to supporting service users who have experienced trauma in their lives.

Example content:

Introduction to the theories central to the Solihull Approach model; brain development; trauma and the stress response; neurology and trauma, recognising trauma; supporting recovery from trauma; observation exercise and practice, applying the model.

Prices:

£199 for 1 person attending training in Solihull (includes a Supporting Information Booklet) or £1499 for a group of 12. This does not include the required x12 Supporting Information Booklets (or 1 per delegate) nor the price of Resource Packs. This does not include trainers travel costs or accommodation. We try to use trainers near to you to keep costs to a minimum.

Pre-training knowledge:

Experience of working professionally with adult clients.

For: For Psychologists, Psychiatrists, Community Psychiatric Nurses, Mental Health workers, Social Workers, Support workers, Project workers, Housing officers, and anyone working in the adult field.

DAY 1 PROGRAMME

9.30am	Arrival, registration and coffee
9.45am	Introductions
10.05am	Introduction to the Solihull Approach
10.15am	Brain development: Part 1
11.15am	Coffee
11.30am	Brain development: Part 2
12.30pm	Lunch
1.00pm	The model: What is containment?
2.00pm	Coffee
2.15pm	What is reciprocity?
3.15pm	Behaviour Management: Behaviour for living
3.45pm	Putting theory into practice
4.00pm	Close

DAY 2 PROGRAMME

9.30am	Arrival and coffee
9.45am	Introduction to Day 2
9.55am	Feedback on observation and case studies
11.00am	Coffee
11.15am	Introduction to trauma
11.25am	Going through a traumatic experience: the basic stress response
12.15am	Neurology and trauma
12.30pm	Lunch
1.00pm	Recognising trauma
1.30pm	Trauma and attachment
1.45pm	Recovery from trauma
2.30pm	Coffee
2.45pm	Levels of interventions: scope for practice
3.20pm	Implementing the Solihull Approach: how to take it forward
3.50pm	Evaluation and close
4.00pm	Close

Optional sessions: Community trauma, Trauma aware community