

We have the following courses available now for you, to support yourself and the mental health and wellbeing of those you work with/line manage:



## Trauma Informed Practice

Available to all those who are in receipt of a Psychological Assessment

Running over a full day, this interactive face to face training provides an introduction to Trauma Informed Practice and have been developed for professionals working with adults or families impacted by trauma.

The course:

- Draws on current research to help understand the diversity of human suffering
- Explores alternative explanations of emotional distress by considering the meanings that are given to the experiences we have.



## Suicide Awareness

Available to 1st and 2nd Line Managers of individuals who are in receipt of a Psychological Assessment

This course aims to improve awareness of the causes, risk factors, and warning signs for suicide and introduce different ways to engage with individuals feeling suicidal, including how to both talk and listen to people.

The session:

- Develops an understanding of suicide
- Challenges common misconceptions
- Shares information about help and support available both locally and nationally



**Prior to booking any course, please seek approval from your line manager.**

To book a place on either of the above courses, please click on the course title.