

Examples of general training themes

Working with survivors of abuse - e.g. issues for male survivors; dealing with initial disclosures; trauma models to understand the effects of abuse; therapist issues such as counter-transference, 'secondary trauma', fears and horrors etc; dealing with system/colleague reactions to abuse

Psychotherapy - e.g. making a safe and secure therapeutic space; beginning and ending issues; transference and counter-transference; psychodynamic therapy and Malan's triangles; Gestalt/Humanistic Therapy; Cognitive-Behavioural Therapy; Cognitive-Analytic Therapy

Supervision- e.g. models of supervision; match and mis-match between supervisor and supervisee; thinking in therapy and supervision; Contracting and Boundaries; Support and Supervision of Supervision

Research – e.g. research skills; getting published; Psychotherapy research; helping service users do research

Drugs and Alcohol – e.g. working with trauma when drugs or alcohol are involved; motivational interviewing

Trauma- e.g. debriefing models; post-traumatic stress reactions; what's involved in setting up a 'Trauma Response Team'; long-term traumatic responses; what's of immediate support following a crisis/traumatic event and what might be unhelpful interventions

Critical Psychology/Psychiatry- e.g. harmful Clinical Psychology; anti-psychiatry and alternatives to Psychiatry; harmful experiences of psychotherapy; diagnosis and medication; stigma; power and empowerment; service-users' views of services; the history of psychiatry; advocacy; gender issues in psychiatry; normalisation

Working with Staff Groups

Men who commit violence and suicide

Recovery Model and Early Signs Monitoring

Risk Assessment and Management

Examples of titles of training events

'Why Clinical Psychologists should not have formal powers under a Mental Health Act'

'Diagnosis, drugs and people with learning disabilities'

'The roots of stress in the NHS'

'The seven deadly sins'

'Power and the Supervision Relationship'

'Medication and medicalisation'

'How to get your ideas published'

'Rural issues: how does the context of your work shape the conversations and metaphors you share with people?'

'Telephone skills for administration staff dealing with distressed callers'

'Coming Off Psychiatric Medication'

Training

Department of Psychological Therapies, Shropshire

This leaflet aims to give you an idea of the current training interests of staff in the Department.

The Department offers a range of training formats and content, which can be tailored to your needs (for example, we have experience of offering one-off workshops right through to year-long courses).

This leaflet includes some general topics (which can be broken down into the elements you wish to explore or which can be presented as introductions to the topic) and some specific titles of training we're used to providing, to whet your appetite!

Contact details to discuss/arrange any training are provided at the end

'Exercise and mental health'

'Oh, God, they've just told me this – now what do I say?! (dealing with disclosures of abuse)'

'Interpersonal Cognitive Therapy and the Inner Critic'

'Evaluating what we mean by 'Evidence' in clinical practice'

'Understanding eating distress'

'Working with Dreams'

'How GPs might say no to patients' unreasonable requests'

'Understanding the connections between childhood abuse and adult drug/alcohol use'

'Psychodrama ideas to help with 'stuck' clients'

'Using Common Sense and Personal Experience to help people'

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