



Amicus Trust

Support | Accommodation | Education | Employment

Training Brochure

Introduction

Amicus Trust have been providing support to vulnerable people for over 40 years

We are now sharing our knowledge and skills to others by offering training

The training is offered to individuals or organisations

Training Facilities

All courses are delivered by qualified and experienced staff.

Training takes place in Amicus Trust's Training Centre in the centre of Bedford.

The centre has all the facilities needed to provide an interesting, interactive and positive training experience to all who attend

Courses Provided

Training courses are offered in the following areas (read through the brochure for more details on specific subjects)

- Mental Health and Mental Disorders
- Homelessness
- Drugs and Alcohol
- Staff related training
- Challenging Behaviour
- Specialist Courses
- Bespoke courses

Mental Health and Mental Disorders

Mental Health Awareness (1 or 2 days)

- What is Mental Health and what is Mental Disorder
- History of how mental disorders have been managed and treated
- Stigma and Mental Disorder
- Causes of Mental Disorder
- Treatments for Mental Disorder
- Symptomology of main conditions

Treatments for Mental Disorders (1 day)

- Looking at treatment options for Mental Disorders
- Hospitalisation
- Community treatment
- Therapy
- Counselling
- Medication
- Alternative therapies

Mental Health Legislation (1 day)

- Looking at the development of legislation in relation to Mental Disorder
- The law and discrimination
- Treatment and the law
- Protection of individuals with Mental Disorders within the law

Mental Health Act (half a day)

- Looking at the content of the Mental Health Act
- Principles of the Mental Health Act
- Mechanics of the Mental Health Act
- Examining the main section types and the appeal process

Mental Capacity Act/ Deprivation of Liberty Standards (1 day)

- Looking at the development of the Mental Capacity Act/DOLS
- Principles of the Mental Capacity Act/DOLS
- Application of the Mental Capacity Act/DOLS,
- Its place in working with vulnerable people
- Its importance and impact on how we support individuals

Depression (1 day)

- Looking at the incidence of Depression
- Causes of Depression
- Symptomology of different types of Depression
- Treatment for Depression
- How individuals with the condition might be best supported on a day to day basis

Post-Traumatic Stress Disorder (PTSD) (1 day)

- Looking at the incidence of PTSD
- Causes of PTSD
- Symptomology of PTSD
- Treatment for PTSD
- How individuals with the condition might be best supported on a day to day basis

Bi-polar disorder (1 day)

- Looking at the incidence of Bi-Polar Disorder
- Causes of Bi-Polar Disorder
- Symptomology of different types of Bi-Polar Disorder
- Treatment for Bi-Polar Disorder
- How individuals with the condition might be best supported on a day to day basis

Anxiety (1 day)

- Looking at the incidence of Anxiety and anxiety related conditions
- Causes of Anxiety and anxiety related conditions
- Symptomology of Anxiety and anxiety related conditions, including phobias, and there relation to other disorders
- Treatment for Anxiety and anxiety related conditions
- How individuals with the condition might be best supported on a day to day basis

Obsessive Compulsive Disorder (OCD) (1 day)

- Looking at the incidence of OCD
- Causes of OCD
- Symptomology of OCD and relationship with other conditions
- Treatment for OCD
- How individuals with the condition might be best supported on a day to day basis

Autistic Spectrum Disorder (ASD) (including Asperger's Syndrome) (1 day)

- Looking at the incidence of ASD
- Causes of ASD
- Symptomology of different types of ASD
- Treatment for ASD
- How individuals with the condition might be best supported on a day to day basis

Learning Disability (1 or 2 days)

- Looking at the incidence of Learning Disabilities
- Causes of Learning Disabilities
- Symptomology of different types of Learning Disabilities and other associated conditions
- Treatment for Learning Disabilities
- How individuals with Learning Disabilities might be best supported on a day to day basis

Personality Disorder (1 or 2 days)

- Looking at the incidence of Personality Disorders
- Causes of Personality Disorders
- Symptomology of different types of Personality Disorders
- Treatment for Personality Disorders
- How individuals with the condition might be best supported on a day to day basis

Schizophrenia (1 day)

- Looking at the incidence of Schizophrenia
- Causes of Schizophrenia
- Symptomology of different types of Schizophrenia
- Treatment for Schizophrenia
- How individuals with the condition might be best supported on a day to day basis

Attention Deficit and Hyperactivity Disorder (ADHD) (1 day)

- Looking at the incidence of ADHD
- Causes of ADHD
- Symptomology of ADHD and other associated conditions
- Treatment for ADHD
- How individuals with the condition might be best supported on a day to day basis

Dementia (1 day)

- Looking at the incidence of different types of Dementia
- Causes of different types of Dementia
- Symptomology of different types of Dementia
- Treatment for different types of Dementia
- How individuals with the conditions might be best supported on a day to day basis

Understanding strokes (1 day)

- Looking at the incidence of different types of strokes
- Causes of different types of strokes
- Symptomology of different types of strokes
- Treatment for different types of strokes
- How individuals with the conditions might be best supported on a day to day basis

Epilepsy awareness (1 day)

- Looking at the incidence of Epilepsy
- Causes of different kinds of Epilepsy
- Symptomology of different kinds of Epilepsy
- Triggers
- Medication
- Alternative treatments
- What to do when someone has a seizure

Genetic disorders and mental disorder (1 day)

- Looking at the different genetic disorders (e.g. Downs Syndrome, Fragile X, Cerebral Palsy, Muscular Dystrophy, Klienfelter's, Prader-Willi Syndrome etc)
- Their causes
- Symptomology of main disorders
- How they may affect an individual
- How the individual may be treated and supported

Homelessness

Homelessness (1 or 2 days)

- Looking at definitions of homelessness
- Incidence of homelessness
- Causes of homelessness
- Factors affecting homelessness
- Provision for homeless people
- Stigma and homelessness
- Discrimination and the homeless
- The law and the homeless

Homelessness and addiction (1 day)

- Looking at the link between homelessness and addiction
- Drug and alcohol misuse and the homeless
- Effective interventions

Homelessness and mental health (1 day)

- Looking at the link between homelessness and mental disorder
- Types of disorder and their relationship with homelessness
- Effective interventions

Drugs and alcohol

Drugs and alcohol awareness (1 or 2 days)

- Looking at the prevalence of drug and alcohol use
- The short term and long term effects of alcohol and drug use
- A description of various common substances used
- Possible treatments
- Ways of supporting individuals on a day to day basis

Legal highs (half or full day)

- Looking at legal highs (novel psychoactive substances)
- Prevalence of legal highs
- Different types of legal highs
- Short and long term effects of legal highs
- The law
- Possible treatments
- Ways of supporting individuals on a day to basis

Prescription drug misuse (1 day)

- Looking at prescription drugs and addiction
- Recreational use of some prescription drugs
- Short and long term effects of misuse of some prescription drugs
- The law
- Possible treatments
- Ways of supporting individuals on a day to day basis

Addiction and treatment (1 day)

- Looking at the nature of addiction
- The addiction cycle
- Different types of addiction
- Physical, psychological and social factors that contribute to addiction
- Possible treatments including such things as 12 step, detox, rehab, counselling etc.

The Addictive Personality (1 day)

- Looking at what is the addictive personality
- What causes people to be more likely to become addicted to substances/things
- Physical, psychological and social factors which may be involved
- Possible treatments
- Support that can be given to individuals with addictive personalities.

Staff related

Care planning (1 day)

- Looking at what is a care plan
- What values should be kept in mind when writing a care plan (e.g. dignity, privacy, equality and diversity, individual choice and freedom etc)
- Practicalities of writing a care plan
- Use of language
- Importance of goals
- Reviewing regularly
- Progression
- Openness to challenge
- Being person-centred at all times

Risk assessment (1 day)

- Looking at risk and risk management
- What values need to be kept in mind when risk assessing any situation
- Personal freedom
- Positive risk management
- Practicalities of risk assessment
- Reviewing regularly
- Openness
- Being person centred wherever possible

SOVA (1 day)

- Looking at the incidence of abuse
- Different types of abuse
- The law
- Employers responsibilities and individual responsibilities
- Whistleblowing
- What to do if you witness or are told about any potentially abusive situation

Professional boundaries (1 day)

- Looking at what are professional boundaries
- Code of conduct
- Why boundaries are important
- Boundary setting and maintenance
- Do's and don'ts,
- Signs of problems,
- Consequences of poor boundaries
- Questions to ask yourself
- Maintaining a work-life balance

Consent (1 day)

- Looking at legislation
- Principles of valid consent
- Voluntary consent
- Informed consent
- Capacity and lack of capacity to give consent
- Different types of consent
- Employer and employee responsibilities
- What to do when consent cannot be established

Supervision and appraisal (1 day)

- Looking at the purpose for supervision and appraisal
- How it should be managed and undertaken
- Skills for supervision and appraisal
- Do's and don'ts
- Dealing with possible problem

General health and safety (1 day)

- Looking at legislation
- Employer's responsibilities
- Employee responsibilities
- Risk assessment and management

Active listening skills (1 day)

- Looking at what active listening is
- How it works and what are the benefits
- The 13 essential skills of active listening
- How it works in practice

Motivational interviewing skills (1 day)

- Looking at what motivational interviewing is
- How to engage with the client
- The stages of change
- Encouraging individual responsibility
- Do's and don'ts

Helping to manage anger (1 day)

- Looking at the nature and processes of anger
- Short and long term effects of anger
- Different ways of dealing with anger
- Helping clients to recognise when they are angry
- Developing individual strategies to deal with angry situations

Helping to manage stress (1 day)

- Looking at the nature and processes of stress
- Short and long term effects of stress
- Different ways of dealing with stress
- Helping clients to recognise when they are stressed
- Developing individual strategies to deal with stressful situations

Therapeutic activities (1 day)

- Looking at what therapeutic activities are supposed to achieve
- The difference between therapeutic activities and therapy
- Different types of activity that can be used
- How to plan and facilitate any such activity

Communication tools (1 day)

- Looking at communication tools
- What are communication tools for
- Who might use them
- Different types of communication (e.g. verbal, non-verbal)
- Different communication tools (e.g. Makaton, PECS, Social stories etc),
- How to use communication tools

Challenging behaviour and conflict resolution

Managing challenging behaviour (1 or 2 days)

- Looking at definitions of challenging behaviour
- Types of challenging behaviour
- Causes of challenging behaviour
- External and internal influences on behaviour
- Short and long term effects of challenging behaviour
- Assessing behaviour
- Teaching replacement skills
- Values and principles in managing behaviour
- Short and long term strategies
- Behaviour support planning
- Positive behaviour management

Mental Health and challenging behaviour (1 day)

- Looking at mental disorders and their possible effect on behaviour
- How this can be managed
- How individuals can be supported on a day to day basis to deal with their challenging behaviour
- Positive behaviour management

Learning disabilities and challenging behaviour (1 day)

- Looking at learning disabilities and their possible effect on behaviour
- How this can be managed,
- How individuals can be supported on a day to day basis to deal with their challenging behaviour
- Positive behaviour management

De-escalation techniques (half or 1 day)

- Looking at signs of agitation
- What de-escalation is
- Non-verbal skills and techniques
- Verbal skills and techniques
- How and when to end de-escalation

Breakaway (half or 1 day)

- Looking at the law
- The need for breakaway,
- What breakaway is,
- What breakaway is not,
- The learning and practice of practical physical breakaway techniques

Debriefing staff and dealing with incidents (1 day)

- Looking at what constitutes an incident
- What are the consequences and effects of incidents on staff and clients
- Recording and reporting incidents
- Legal issues
- Supporting clients post incident
- The need to debrief staff and how to debrief

Managing bullying and intimidation (1 day)

- Looking at what is bullying and intimidation
- The short and long term effects of bullying and intimidation
- The law
- Ways of managing such behaviour and the empowerment of individuals

Specialist courses

Sexualised behaviours that challenge (1 or 2 days)

- Looking at sexual behaviour as an issue when supporting individuals
- What types of sexual behaviour may challenge
- Causes of sexual behaviour that challenge
- Incidence of sexual behaviour that challenges
- The law
- Staff responses
- How to manage such behaviours positively and safely

Sexuality and mental health (1 day)

- Looking at how certain mental health disorders may affect the sexual behaviour of individuals
- Issues around consent
- The law
- How these behaviours can be managed positively and safely
- Staff responses

Sexuality and learning disabilities (1 day)

- Looking at how learning disabilities may affect the sexual behaviour of individuals
- Issues around sexual knowledge
- Issues around consent
- The law
- How sexual behaviour can be managed positively and safely
- Staff responses

Sexuality and addiction (1 day)

- Looking at how addiction issues may affect sexual behaviour
- Drugs and alcohol and how they affect sexual behaviour
- Issues around consent
- The law
- How sexual behaviours can be managed positively and safely
- Staff responses

Sexual behaviour and the law (1 day)

- Looking at legislation which surrounds sexuality and sexual behaviour
- Looking at how this works in a support setting
- Sexual offending
- The legal response

Management and treatment of sexually offending/challenging behaviour (1 or 2 days)

- Looking at incidence of sexual offending
- Different types of offences
- Factors related to offending
- Dis-inhibitors
- Victim empathy
- Cognitive distortions
- Possible treatments for individuals who sexually offend

Offending and mental health (1 day)

- Looking at the relationship between offending and mental health
- Types of offences that might be committed
- The law
- Possible responses to and treatments for such offenders

Offending and learning disabilities (1 day)

- Looking at the relationship between offending and learning disabilities
- Types of offences that might be committed
- The law
- Possible responses to and treatments for such offenders

Offending and addiction (1 day)

- Looking at the relationship between offending and addiction
- Types of offences that might be committed
- The law
- Possible responses to and treatments for such offenders

Introduction to Cognitive Behavioural Treatment/Therapy (CBT) (1 or 2 days)

- Looking at what CBT is
- How it was developed
- Cognition
- Behaviour
- Relationship between thoughts and actions
- Core beliefs
- Cognitive distortions
- Cognitive dissonance
- Cognitive restructuring
- How effective is CBT
- How it can be used and who can use it

CBT and change (1 day)

- Looking at CBT and how it relates to change
- Focus on outcomes
- Enabling individuals to be self-regulating,
- The everyday application of CBT model

Managing self-harm (1 day)

- What is self-harm
- Who self-harms
- Why do individuals self-harm
- Appropriate and inappropriate responses
- Management of self-harm
- Replacement strategies
- Possible treatments for individuals who self-harm

Suicide Prevention (1 day)

- Looking at incidence of suicide
- Who is likely to commit suicide
- Assessing risk of suicide
- Physical, social and psychological factors that may be involved
- Appropriate and inappropriate responses to suicide attempts
- Suicide prevention strategies
- Practical strategies
- Longer term treatment

The structure of the brain, emotion and behaviour (1 day)

- Looking at the structure of the brain
- Various areas of the brain and what they do
- How illness, environment and social factors may affect the brain
- Chemical imbalances and how they affect behaviour and emotion
- What we still do not know

Sensory disorders (1 day)

- Looking at the 8 senses
- What is a sensory disorder
- Different types of sensory disorder (e.g. dyspraxia, proprioceptive dysfunction, synaesthesia etc)
- How they affect the individual
- Short and long term effects
- Positive interaction with individuals with a sensory disorder
- Possible treatments

Bespoke courses

- Please contact us to discuss a full range of courses available.
- Bespoke Courses tailored to suit can be arranged.

For further information or to book/ arrange a training course contact Amicus Trust, 123 Midland Road Bedford MK40 1DE

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