

Courses available for in-house training

COURSES – Options for delivery, duration, and maximum numbers*	Online	In-person
PEOPLE SKILLS		
Professional boundaries	Half day: Max 14	One day: Max 16
Adult safeguarding	Half day: Max 14	One day: Max 16
Loneworking	Not available	One day: Max 16
Adult safeguarding for managers & DSL's	2 x Half days; Max 12	One day: Max 16
Children's safeguarding	Half day: Max 12	One day: Max 16
Introduction to groupwork	Half day: Max 12	Not available
Group facilitation	Not available	One day: Max 16
Groupwork skills	Not available	Two days: Max 16
De-escalation skills and challenging behaviour	Half day: Max 12	One day: Max 16
Effective communication using assertiveness techniques	Not currently available	One day: Max 16
Conflict resolution	Not currently available	One day: Max 16
Managing difficult conversations/ Effective communication & improved conversations	Half day: Max 12	One day: Max 16
Motivational interviewing	One or two days: Max 16	Not available
Brief solution focused therapy	One or two days: Max 16	Not available
MANAGING TEAMS		
Introduction to supervision (half day online)	Half day: Max 12	One day: Max 16
Supervision skills	Not currently available	One or two days: Max 16
Facilitating group supervision	Not currently available	Two or three days: Max 14
Facilitating reflective practice	Half day: Max 12	One day: Max 16
Management & leadership (CPD Certified)	4 x Half days: Max 12	Two days: Max 16
Introduction to coaching skills	Not currently available	One day: Max 12
Managing difficult conversations/ Effective communication & improved conversations	Half day: Max 12	One day: Max 16
Creative approaches to team meetings	Half day: Max 12	Half or one day: Max 16
The Race Equity Lab	Not currently available	One day: Max 16
Project management & delivery	Not currently available	Two days: Max 16

COURSES	Online	In-person
TRAINING & PRESENTATION		
Speaking with confidence	Not currently available	One day: Max 16
Training for trainers (CPD Certified)	Not currently available	One day: Max 16 Two days: Max 12
Introduction to visual facilitation	2 x half days: Max 12	One day: Max 12
MENTAL HEALTH & WELLBEING		
Adult/Youth Mental Health First Aid	4 x half days: Max 12	Two days: Max 16
Mental Health First Aid Refresher	Not available	Short day: Max 16
Mental health awareness	Half day: Max 12	One day: Max 16
Suicide intervention/ Self harm Self-harm and suicide intervention (one day)	Half day: Max 12	One day: Max 16
ASIST - Applied Suicide Intervention Skills	Not available	Two days: Minimum 15; Maximum 30
Personality disorder awareness	Half day: Max 12	One day: Max 16
Understanding personality disorder in practice	Not available	One day: Max 16
Responding to mental health crisis/ Callers in crisis	Half day: Max 12	One day: Max 16
CBT Tools for stress and anxiety	Not available	One day: Max 16
Resilience skills	One day: Max 16	Not currently available
Seven Ways to Build Resilience (video based)	3 hours: No Limit	Not available
Wellbeing coaching skills	One day: Max 16	Not currently available
Building vicarious resilience	Half day: Max 12	One day: Max 16
Emotional regulation: Polyvagal theory in practice	Half day: Max 16	Half day: Max 16
Working with treatment resistance	One day: Max 16	Not currently available
Working with young people with complex needs	One or two days: Max 16	Not currently available
Addressing ACE's and complex trauma	One or two days: Max 16	Not currently available
Practical management of PTSD	One or two days: Max 16	Not currently available
Psychologically informed environments	One or two days: Max 16	Not currently available
Trauma informed practice	Not available	One day: Max 16

COURSES	Online	Face to Face
MENTAL HEALTH & WELLBEING Cont'd		
Practical management of ADHD	Two days: Max 16	Not currently available
Responding to domestic abuse	One day: Max 16	One day: Max 16
Sustaining empathy: Preventing burnout	Not available	One day: Max 12
Anxiety & depression	Half day: Max 12	Half day: Max 16
Understanding bipolar	Half day: Max 12	Half day: Max 16
Understanding psychosis	Half day: Max 12	Half day: Max 16
DRUGS including alcohol		
Drugs including alcohol; awareness & brief interventions/harm reduction	2 x Half days; Max 15	One day: Max 16
Addiction, dependency and recovery	One day: Max 16	Not currently available
Supporting recovery: Preventing relapse (CBT based relapse prevention)	One or two days: Max 16	Not currently available
Dual diagnosis (Substance misuse & mental health)	One or two days: Max 16	Not currently available
Controlled drinking programme	Two days: Maximum 16	Not currently available
Parent & carers training (PACT)/ Working with concerned others	One day: Max 16	Not currently available
Outcome informed practice	One day: Max 16	Not currently available

*** Maximum numbers based on course content, duration and delivery method (online or face-to-face)**

**** For in-person training,** maximum numbers are based on room size and reasonable distancing for participants.

Full course outlines available on request.

Where courses offer one or two day alternatives, we would recommend the two day course to enhance opportunities for skills practise and embedding learning in to practice.

Many of these courses can also be booked as individual places on our open programme, online or in-person in Bristol. Contact us for details: info@trainingexchange.org.uk

Other courses are available on request - our network of associate trainers cover many more areas of expertise.