

## **Behavioural Family Therapy Trainers and Supervisors Network Event (Midlands Region)**

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In May this year, 17 trainers and supervisors in Behavioural Family Therapy (BFT) from across the region attended a network event hosted by the Meriden Family Programme.

Organisations in attendance included:

- Birmingham & Solihull Mental Health NHS Foundation Trust
- Coventry & Warwickshire Partnership NHS Trust
- Dudley & Walsall Mental Health NHS Foundation Trust
- Keele University
- Nottinghamshire Healthcare NHS Foundation Trust
- Oxford Health NHS Foundation Trust
- Staffordshire University
- Worcestershire Health & Care NHS Trust

It seemed fitting to hold the event in the village of Meriden itself so we chose The Strawberry Bank Hotel, which was easily accessible for those travelling to the event.

After a quick update from Meriden, each of the eight regions that were represented gave an update on developments in their area and what they were hoping to get from the day. They also shared their resources and experiences, sometimes to gasps of shock, delight or envy! Overall there was huge interest from everyone in hearing about what was going on in other areas.

***“Really inspirational to hear how services are doing”***

After lunch the focus moved to updates that have been made to both the BFT workbook and the training programme for delivering a BFT course. There have been many changes over the years following feedback from delegates and but also from training in other areas and picking up fresh new ideas.

***“Interesting changes to the model presentation”***

***“Really great overview of changes”***

***“The changes made to the programme have given me a lot of ideas that will help deliver training as part of the Health Education England (HEE) standards/expectations”***

There was a large agenda which was only partially covered on the day and the group felt it would be beneficial to meet up in this format twice a year. It was agreed that items on the agenda that were not discussed during this event would be included in future meetings.

***“It has been really helpful to meet other trainers and share practice with each other. It would be helpful to have another event.”***

***“Invaluable in sharing good practice and addressing challenges.”***

There was a real sense of energy and vibrancy in the room and it was a testament to everyone who came that the day was such a success. One of the highlights was the opportunity to meet other trainers or reconnect with those who had lost contact. This networking began from the moment the people started to arrive until the event finished and there were still groups on the car park at the end of the day swapping details.

***“Great network opportunity”***

It was a great day and we are looking forward to the next one sometime in the autumn. If you are interested in having a Regional Trainer and Supervisor Network event in your area please contact the team to register your interest as we hope to put on more events in the future.



Trainers from the Meriden Family Programme with the Family Intervention Team from Nottinghamshire Healthcare NHS Foundation Trust who attend the event in May.