

5-Day Behavioural Family Therapy Training Course via Microsoft Teams

Dates: 16 - 18 & 24 - 25 November 2021

10 November - 10-11.30am or 12 November 1 – 2.30pm – course induction

Behavioural Family Therapy (BFT) is an evidence-based, effective and practical skills-based approach in which the therapist, service user and family members work together to promote:

**Knowledge acquisition • Positive communication • Problem-solving skills
Coping skills • Stress reduction
Relapse prevention • Achievement of individual goals**

The National Institute for Clinical Excellence Guidelines for Schizophrenia (NICE, 2009) recommend that family interventions are offered to 100% of families where someone experiences episodes of schizophrenia. Evidence indicates that this approach is effective for those with major depression and other long-term disorders.

Who Should Undertake Training in BFT

Those who undertake the training should have a commitment to working with families and should be comfortable using a practical, here-and-now approach. During the training you will learn and feel more confident about:

**Policy and Research around families and carers
Working with carers and families • Carer and family assessments
Early warning signs • Communication skills • Problem solving**

The course will be facilitated by multi-disciplinary speakers and facilitators from the Meriden Family Programme and Birmingham and Solihull Mental Health NHS Trust. Birmingham and Solihull Trust is committed to family work. **The course is funded for internal staff** and trainees are expected to practice family work and attend supervision following training.

**Cost: £1,150 per participant
This includes a detailed course manual and all course materials.**

There are limited places available for the above course. If you are interested in attending please ring Nadine Berry on 0121 301 2896 or e-mail nadine.berry@nhs.net

Winner of HSJ Awards 2008
(Mental Health Innovation) *Health Service Journal*

Winners of the Social Care Award in the Health & Social Care Awards 2005 (Midlands and East Region)
Sponsored by the Department of Health and the NHS Institute for Innovation and Improvement

Winner of Positive Practice Award – 2003
(Modernising Mental Health Services) *National Institute of Mental Health in England*



Birmingham and Solihull
Mental Health
NHS Foundation Trust

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BOOKING FORM

Title: _____ Name: _____

Job Title: _____

Organisation: _____

Address: _____

Postcode: _____ Telephone: _____

Email: _____

Line Manager (Signature): _____ (Print Name) _____

Name and Address the invoice to be sent to and Purchase Order Number:

Closing date for applications is 29th October 2021

Cost: £1,150 per participant

This includes a detailed course manual and all course materials.

**Notes: For BSMHFT staff, if you cancel after 29th October 2021
please refer to the trust policy for daily cancellation charges.**

**For external delegates any cancellation received after 29th October 2021 will be non-refundable,
but we will accept change of delegate**

PLEASE RETURN FORM TO:

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