

## **5-Day Behavioural Family Therapy Training Course**

**Venue: Uffculme Centre, Queensbridge Road,  
Moseley, Birmingham, B13 8QY**

**13 – 17 June 2016**

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: £1,000 per participant (The course is funded for internal staff).  
This includes a detailed course manual, lunch 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@bsmhft.nhs.uk](mailto:nadine.berry@bsmhft.nhs.uk)**

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*

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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 (if applicable):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Closing date for applications is 20 May 2016**

**Cost: £1,000 per participant (The course is funded for internal staff).  
This includes a detailed course manual, lunch and all course materials**

**Notes: For BSMHFT staff, if you cancel after 20 May 2016  
please refer to the trust policy for daily cancellation charges.**

**For external delegates any cancellation received after 20 May 2016 will be non-refundable,  
but we will accept change of delegate**

**PLEASE RETURN FORM TO:**

Nadine Berry, Team Administrator, Meriden Family Programme,  
Tall Trees, Uffculme Centre, Queensbridge Road, Moseley Birmingham B13 8QY  
Tel: 0121 301 2896 Fax: 0121 301 2891 Email: [nadine.berry@bsmhft.nhs.uk](mailto:nadine.berry@bsmhft.nhs.uk)