

5-Day Behavioural Family Therapy Training Course

**Venue: WestMead Hotel, Redditch Rd, Hopwood,
Alvechurch, Birmingham B48 7AL**

28 January – 1 February 2019

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: £1,100 per participant (The course is funded for internal staff).

This includes a detailed course manual, all course materials, lunch and refreshments.

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*

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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 7th January 2019

Cost: £1,100 per participant (The course is funded for internal staff).

This includes a detailed course manual, all course materials, lunch and refreshments

**Notes: For BSMHFT staff, if you cancel after 7th January 2019
please refer to the trust policy for daily cancellation charges.**

**For external delegates any cancellation received after 7th January 2019 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@nhs.net

ACCOMMODATION

Accommodation is available on site and can be booked directly with the venue if required.

Westmead Hotel Contact Details

Tel: 0121 445 7818

Fax: 0121 445 6163

Website: www.westmeadhotel.co.uk

We have negotiated competitive rates for those attending our training course:

Bed & Breakfast: £72 (incl. VAT) pp.pn

Dinner, Bed & Breakfast: £97 (incl. VAT) pp.pn

Please contact The Westmead Hotel and quote **BK101047** to access these rates.

Alternatively, you may wish to stay elsewhere. A choice of hotels can be found on websites such as www.booking.com/ or <http://www.laterooms.com> etc.