

Family Intervention for Psychosis and Bipolar Disorder training 2023/24

What is the training?

Psychological therapies for people with severe mental health problems (PTSMHP) are a key part of the integrated offer for adults, as set out in the NHS Long-Term Plan. The Mental Health Implementation Plan and subsequent **Community Mental Health Framework for Adults and Older Adults**, provides a new framework to ensure services are integrated, “place based” and designed to meet specific local need.

For those experiencing severe and/or complex mental health problems, the Framework advocates the provision of NICE-recommended psychological therapies and views these as critical in giving people the best chance to get better and to stay well. Funding to commission new courses has been made available to Health Education England (HEE) through NHS England (NHSE) and a national curriculum has been agreed for the training based on the best available evidence.

The Meriden Family Programme is one of 4 training providers commissioned to deliver across England and will be offering a 12-month programme via Microsoft Teams to staff working in community adult or older adult services. The training will equip practitioners with the skills to deliver evidence based face-to-face FI sessions, as well as remote working where necessary.

This new programme of training is specifically linked with the Community Mental Health transformation agenda. The existing Meriden Family Programme 5-day training programme will remain valid and will run in parallel to the new HEE commissioned training. For existing BFT trainers and supervisors, any training plans and supervision provided should continue.

The Meriden Family Programme will be involved in ongoing discussions with HEE and others regarding developing standards for CMHTs in the future and will keep current trainers and supervisors informed about these.

Who is it for?

Upskilling the adult and older adult community mental health workforce is central to the strategy to improve timely access to a range of evidence-based psychological therapies, including Family Intervention. Applications will be considered from individuals who meet all of the following requirements:

- Qualified practitioners with a core mental health profession (including mental health nurses, allied health professionals, social workers, psychiatrists, and psychological professionals).
- Working in secondary care community adult or older adult mental health services and should have at least two years' experience of working with psychosis and bipolar disorder.
- Able to work with a minimum of 2 families during the course, reaching a level of competence that will enable them to obtain similar outcomes to those reported in the relevant NICE guidelines for psychosis and bipolar disorder.
- Able to commit to 10 taught days and 12 months supervision.
- Fully backed by their host organisation, line manager and clinical supervisor (3 virtual site visits required over the 12 month period).
- In a position to both cascade information and supervise staff in BFT and family sensitive practice following completion of the course.

Will the training be on-line or face-to face?

The training will be delivered on-line through Microsoft Teams. This will include all “pre-course meetings” and supervision throughout the duration of the course. This will apply to all cohort intakes 2021-2024.

What does the training include?

This course covers both the theory and practice of Behavioural Family Therapy (BFT). Participants on the course will be introduced to theoretical aspects of the approach, and to the similarities and differences between BFT and other evidence-based psychosocial and psychoeducational approaches to working with families under stress.

The first half of the training will consist of participants learning the skills which constitute the BFT approach, with specific emphasis on the application of the model for those experiencing Psychosis or Bipolar Disorder. These skills are taught in a very practical way. This is done through role-play in pairs and small

groups, through observation of tutors and videotaped material, and through large and small group discussions. Participants will be expected to bring material from their own caseloads to work on throughout the programme.

Additional topics will include the provision of carer psycho-education and support, developing a family sensitive organisation and the supervision of others in the application of BFT for Psychosis and Bipolar Disorder. On completion of the training it is expected that trainees will take on a key roles within their organisation, acting as Leads for carer and family engagement and the promotion of evidence based Family Intervention. The training does **not** cover the skills required to train others in Family Intervention (BFT) but will cover models of clinical supervision and staff support.

Who will be delivering the training?

The training will be co-ordinated by the Meriden Family Programme which is staffed by clinically trained and experienced staff from a variety of backgrounds including Nursing, Psychology and Occupational Therapy. In addition, there will be a variety of clinical subject matter experts and experts by experience delivering specific sessions and contributing to the wider delivery team. The programme itself has been co-produced by carers and family members who form an integral part of the course design, delivery, assessment and evaluation.

What are the course requirements?

Applicants must be able to demonstrate the ability to meet the course requirements listed above and to have full backing from their host organisation. This will be confirmed through a virtual “site visit” and completion of an All Parties Learning Agreement (APLA) **prior to commencement of the training**. This 4-way meeting will be arranged to include

- The applicant/trainee
- Applicants Line Manager
- Identified in-house Clinical Supervisor (preferably trained in an evidence based Family Intervention/BFT Trainer)
- Meriden Family Programme representative

Applicants must have the ability to work clinically with families for the duration of the course and be in a position to supervise others following completion of the training. Assessment will be undertaken through a combination of observation, written assignments, case studies and completion of a reflective log book.

To ensure trainees are fully supported by their organisation and any implementation issues are addressed, you will be required to attend a pre-course meeting, with your manager and in-house supervisor. A mid-course and end-course meeting are also available if required.

Course content

Day 1	Introductions and the evidence base for Family Interventions in Psychosis and Bipolar Disorder
Day 2	Behavioural Family Therapy 1 – <ul style="list-style-type: none"> • Assessment and formulation
Day 3	Behavioural Family Therapy 2 – <ul style="list-style-type: none"> • Information sharing, staying well • Introduction to communication skills training
Day 4	Behavioural Family Therapy 3 – <ul style="list-style-type: none"> • Communication skills • Problem solving
Day 5	Information sharing in Psychosis Family Intervention with Older Adults (specific issues) Working with co-morbidity: Autistic Spectrum Disorder (ASD)
Day 6	Information sharing in Bipolar Disorder Working with co-morbidity: Substance Misuse
Day 7	Confidentiality, capacity and consent Evaluation and outcome measurement
Day 8	Recovery for Carers
Day 9	“Caring for Carers” (Education and support programme)
Day 10	Supervision and implementing family sensitive services

Assessment

Emphasis will be on the application of skills developed within the virtual classroom. As such, trainees will be expected to work on homework tasks following taught sessions.

Trainees will be expected to identify and work with 2 families for the duration of training, one experiencing the impact of Psychosis, one Bipolar Disorder. In addition, a reflective log book will require completion, documenting taught components, supervision sessions and the trainees implementation of Family Intervention. Assessment will also include:

- 2 written case studies (1 x Psychosis, 1x Bipolar Disorder)
- 1 audio taped session, or recording of a remote session (e.g. Microsoft Teams)
- 2 written literature reflections

2023/24 Taught dates and supervision dates

Taught days will run from 9am—5pm via Microsoft Teams. Supervision sessions will be 2 hours duration (time t.b.c) via Microsoft Teams. Trainees will be expected to attend a **minimum of 20 hours of supervision (10 sessions)** over the duration of the course (12 months).

Pre-Course meeting dates:

3. 5th June @ 10.30 am or
4. 5th June @ 3.30 pm or
5. 9th June @ 10am or
6. 9th June @ 3pm

Induction dates

1. Thurs 8th June @ 3.30pm or
2. Wed 14th June @ 11am

COHORT 1 - June 2023	TAUGHT DAYS	COHORT 1 June 2023	SUPERVISION DATES
DAY 1	19 th June 2023	1	25 th July 2023
DAY 2	20 th June 2023	2	22 nd August 2023
DAY 3	26 th June 2023	3	26 September 2023
DAY 4	27 th June 2023	4	24 th October 2023
DAY 5	3 rd July 2023	5	28 th November 2023
DAY 6	24 th July 2023	6	19 th December 2023
DAY 7	18 th September 2023	7	23 rd January 2024
DAY 8	6 th November 2023	8	27 th February 2024
DAY 9	4 th December 2023	9	26 th March 2024
DAY 10	4 th March 2024	10	30 th April 2024
		11	21 st May 2024
		12	18 th June 2024

For further details on the course email us at:

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