



TRAINING PROGRAMME

January - December 2008



In partnership with RBA Training



Providers of High Quality Residential Childcare and Outreach Services

"Aiming to turn Clouds into Rainbows"

Training Programme

January to December 2008

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Training Programme

RBA Training, Cairn Mhor Childcare Partnership and Muirhead Outreach Project have combined to offer a running monthly training programme open to other agencies working with children and young people.

This training programme has been put together in response to a clearly defined need for training programmes aimed specifically at those working with children and young people. Each workshop is very clearly focused on developing practical responses and theoretical understanding of some of the key areas of knowledge and expertise required in working in this field. The aim is to develop multi disciplinary sessions and share experience and practice across children's services in a variety of settings in the statutory, voluntary and independent sectors.

All workshops will be led by Peter Robinson, an experienced practitioner and trainer with over 25 years experience in the statutory and health care sectors with particular expertise in mental health and working with children and young people. He is a qualified mental health officer and is presently working with young people as a mental health link worker. Other trainer/practitioners will be employed for specific workshops.

For further details, please contact Mairi Moggach

Phone: 01592 631031
email: mairi.moggach@cairnchor.org

An Introduction to Working with ADHD and Autism Spectrum Disorder

Course Overview

Attention deficit hyperactivity disorder (ADHD) and autism spectrum disorders (ASD) are two of the most commonly diagnosed childhood disorders. This introductory one-day workshop is designed for staff working with children and young people who want to expand their knowledge and understanding of these disorders. The workshop will consider and analyse a range of approaches for understanding and addressing the needs of young people diagnosed with either ADHD or ASD.

Learning Objectives

This one-day programme will include

- Defining ADHD and ASD
- Schools of thought about treatment and behaviour management
- Communication issues for carers and professionals
- Examination of recent case studies
- Identifying useful networks
- Planning for the future
- Goal setting and action plans

Dates: 24th January
31st July

Cost: £95

Venue: Freuchie Cricket Club
Muir Road,
Freuchie
Fife
KY15 7HW

Working with Groups

Course Overview

The aim of this one-day workshop is to provide the necessary knowledge and skills involved in managing challenging individuals in group situations. It will focus on individual responses to difficult situations and consider strategies for both self-management and, in turn, group management. De-escalation techniques will be examined in theory and practice.

Learning Objectives

On completion of the course the participant will have

- Examined individual experience in relation to client group
- Considered strategies for personal preparation in potentially difficult encounters
- Considered practical and theoretical approaches in working with groups
- Gained an understanding of group dynamics
- Identified signs and signals of identified problem areas
- Considered the use of de-escalation techniques
- Considered group motivation approaches

Dates: 28th February
28th August

Cost: £95

Venue: Freuchie Cricket Club
Muir Road,
Freuchie
Fife
KY15 7HW

Building Relationships

Course Overview

The aim of this course is to examine the core skills necessary in establishing positive relationships with young people. In the present climate it can be argued that young people, adolescents in particular, are demonised and marginalised. As a result of this there is a perception of distance much of which lies in our inability to communicate with and understand the young people and their behaviours. Recent evidence appears to suggest that sustainable relationships result in a mentally healthy population of young people who are both resilient and emotionally intelligent.

Learning Objectives

On completion of the course the participants will have

- Examined key concepts related to basic communication
- Discussed behaviours associated with impairment in development
- Examined the roles of empathy and congruence in the early stages of relationship building
- Been given an oversight into the theory of resilience and emotional intelligence
- Examined the move from theory to practice
- Developed case studies and practical responses

Dates: 27th March
25th September

Cost: £95

Venue: Freuchie Cricket Club
Muir Road,
Freuchie
Fife
KY15 7HW

Can't Learn, Won't Learn **Supporting Young People in Education**

Course Overview

The aim of this course is to examine modern approaches in supporting and maximising young people's potential in a learning environment. Many of the young people we work with are struggling and failing to reach their full potential within the education system. This course will analyse recent research on what works in education, best practice, and develop realistic responses matching theory to practice.

Learning Objectives

On completion of the course the participants will have

- Examined the importance of education in promoting mental well being
- Examined different methods of learning
- Identified blocks to learning
- Discussed current case studies
- Identified positive responses both from education and home setting
- Identified and established an action plan in response to the above

Dates: 24th April
30th October

Cost: £95

Venue: Freuchie Cricket Club
Muir Road,
Freuchie
Fife
KY15 7HW

Understanding Self Harm

Course Overview

The overall aim of this workshop is to help participants gain an understanding of the nature of self harm and to begin to identify appropriate responses. This will involve examining the skills and strategies necessary to engage with clients who are involved in such behaviours. Present day theory will be examined and matched to models of practice. Positive responses are outlined to assist participants to develop early intervention strategies and promote successful outcomes for individuals. The course is led by two experienced practitioners in mental health from health care and social work.

Learning Objectives

After completion of the course the participants will have

- gained an understanding of why individuals self harm
- examined the costs and benefits for those involved
- identified common behaviours related to self harm
- identified appropriate skills and responses
- shared personal responses
- examined models of intervention
- developed personal action plan for own practice
- considered best practice in organisational prevention and support

Dates: 29th May
27th November

Cost: £95

Venue: Freuchie Cricket Club
Muir Road,
Freuchie
Fife
KY15 7HW

Managing Challenging Behaviour (including De-escalation Techniques)

Course Overview

This course was developed from in response to requests from professionals working with young people in an educational setting. The aim is to provide the necessary knowledge and skills for dealing with potentially violent or aggressive encounters at work. It focuses on individual responses to conflict and aggression and considers strategies for self management in a potentially violent encounter.

Learning Objectives

After completion of the course the participants should have

- examined the nature and causes of aggression and violence
- considered strategies for personal preparation for potentially violent encounters
- identified signs and signals of potential violence
- considered the use of de-escalation techniques
- analysed post incident effects on self, others and organisations

Dates: 26th June
18th December

Cost: £95

Venue: Freuchie Cricket Club
Muir Road,
Freuchie
Fife
KY15 7HW



R.B.A. Training

R.B.A. Training was established in 1996 by Peter Robinson and Jennie Brown in response to personal experience of training opportunities which did not always fulfil expectations.. All too often training lacked content, a practice base and theoretical input. They established RBA Training with the clear focus of using experienced practitioners who were also skilled trainers. RBA Training held the first programme of workshops in April 1996 and customers who attended these first sessions maintain their links today.

Over the past twelve years RBA has developed an excellent reputation for delivering creative workshops and training packages. Since the inception of RBA the organisation has extended the staff of trainers but ensured that the link with practice is maintained. The lead trainer is Peter Robinson who is responsible for co-ordinating training programmes to ensure continuity.

For further details, please contact Jennie Brown

Phone: 01334 871384

email: rba.training@virgin.net



Cairn Mhor Childcare Partnership

In 2002, Cairn Mhor Childcare Partnership, a "Not for Profit" company, was established to provide high-quality residential care to eight young people between the ages of 8 and 16 in two houses, based in Leven and Falkland. This organisation now employs 40 staff and has developed an excellent reputation for providing high-quality therapeutic care in a caring, homely environment. Social Work students and volunteers enhance the lives of the children.

One of the strengths of this organisation is the ability to 'hold on' to children, helping them feel safe and secure to grow and develop. Consequently, we receive referrals from social workers almost on a daily basis in the hope that we may have a bed available.

For further details, please contact Claire Robinson

Phone: 01592 631031

email: claire.robinson@cairmhor.org



Providers of High Quality Residential Childcare and Outreach
Services

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Muirhead Outreach Project

Muirhead is a registered charity (Charity No. SC 035629) offering services to vulnerable children and families. The project was formed in 2005 to work with children and families allowing them to remain together within the community. The aim of the project is to provide a service which allows vulnerable young people to remain at home or return them to their communities, by working with them individually and by offering support to families, and other appropriate adults and professional agencies. Key objectives include the development of a partnership approach with all relevant parties to develop individual, tailor-made, planned interventions which specifically take account of the young person's individual needs, wishes and background. This approach is informed by a belief in self determination, in an investment in potential, and in the rights of the individual to be in a safe and secure environment which promotes positive change.

For further details, please contact Dorothy Markham

Phone: 01333 424232
email: dorothy.markham@cairnchor.org

Booking Form

Places are strictly limited and so early booking is recommended. All courses cost £95 but if you book three or more courses, each course costs £80.

To reserve a place:

Contact: Mairi Moggach

Phone: 01592 631031

email: mairi.moggach@cairnmbhor.org

or return this form to:

Cairn Mhor Childcare Partnership, 8 Pentland House, Saltire Centre, Glenrothes, KY6 2AH. Tel: 01592 631031.

- Please advise at time of booking if you have any special requirements e.g. dietary or access
- Booking confirmation will be sent by post or email
- Cancellations received two weeks before the course will receive a full refund, less £15 administration fee. No refunds will be given after this date, although the place can be offered to a colleague.
- Should the course need to be cancelled a full refund will be given.

Name of training Course

Date of Training Course:

Title Full Name:

Organisation

Position

Address

.....

.....

Tel: email :

I enclose a cheque for.....payable to '**Cairn Mhor Childcare Partnership**'

I would like to receive further information on the work of RBA

Cairn Mhor Childcare Partnership...Muirhead Outreach Project

(Please tick).

Notes

Directions to Freuchie Cricket Club

Freuchie Cricket Club

Muir Rd
Freuchie, Cupar, Fife,
KY15 7HW
01337 858226

