

Behavioural Family Therapy Training For Staff Working In Early Intervention In Psychosis

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Since the UK government invested money in the development of Early Intervention (EI) for Psychosis Teams, and the Policy Implementation Guide stipulated that EI services should offer support to families as well as to service users, we began to receive requests from individual and services in relation to what was known about the needs of families in early psychosis. Many staff working on these newly established teams came from other services where the delivery of family work was not routine, and therefore were unsure of or lacked confidence in how best to support families.

When we continued to receive requests for training in family work for early psychosis, we decided to hold some courses specifically for staff working with families in the early stages of psychosis. So far, most of the courses have been held in Birmingham. The content of the course covers topics specifically relevant to early psychosis such as:

- National Policy and Guidelines on family work in early psychosis
- Literature review on family work in early psychosis
- The response of families
- Issues relating to grief, loss and other emotional reactions in families
- Diagnostic uncertainty
- Confidentiality conflicts
- The needs of siblings and young people
- Communication skills
- Problem solving skills
- Integrating different models of family work in early psychosis services
- Implementing family work in early psychosis services

Between March 2006 and February 2008, we have held five 5-day Behavioural Family Therapy (BFT) for Early Intervention in Psychosis courses in Birmingham. In all, a total of eighty-eight participants have been trained to date.

Course (All courses held in Birmingham)	Total number of participants	Number of West Midlands-based participants	Number of non-West Midlands-based participants
March 2006	18	12	6
September 2006	26	N/A	26
January 2007	11	11	N/A
July 2007	15	2	13
February 2008	18	6	12
	88	31	57

Of the eighty-eight participants trained, 81% were female and 19% were male. The age range was 23-54 years with an average (mean) age of 38 years at the time of this training.

Geographical Spread and Organisations Represented

Within the West Midlands the following Trusts have been represented:

- Birmingham & Solihull Mental Health Trust
- Coventry and Warwickshire Partnership NSH Trust

- North Staffordshire Combined Healthcare NHS Trust
- Shropshire County PCT
- Walsall PCT
- Wolverhampton PCT

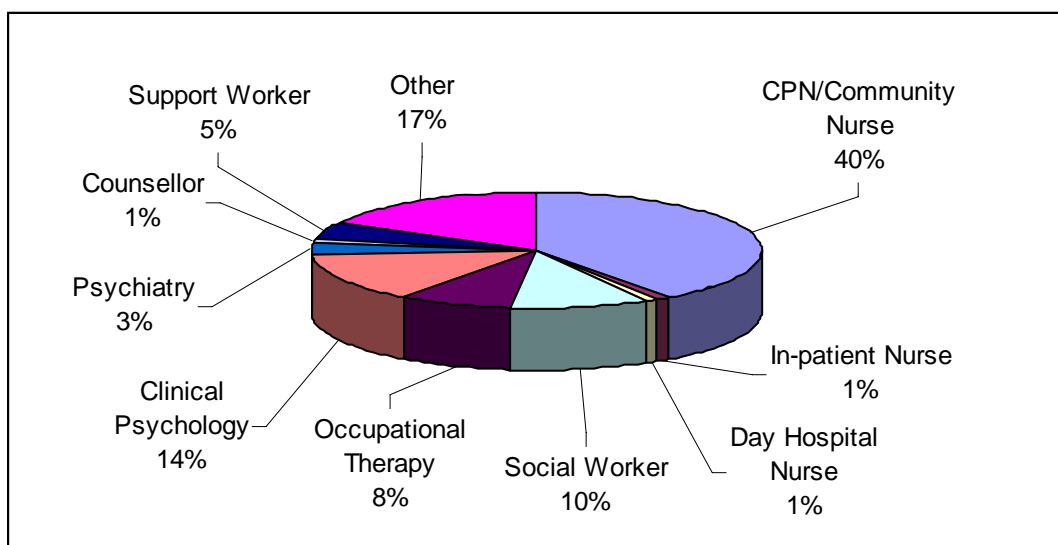
Outside of the West Midlands the following UK organisations have been represented:

- Argyll & Bute (NHS)
- Barnet, Enfield and Haringey Mental Health NHS Trust
- Cheshire & Wirral Partnership NHS Trust
- Derbyshire Mental Health NHS Trust
- East Kent Mental Health Trust
- East London Foundation NHS Trust
- East London & City NHS Trust
- Hampshire Partnership NHS Trust
- Hertfordshire Partnership NHS Trust
- Highbury House (Private Organisation)
- Isle of Wight PCT
- Kent & Medway NHS & Social Care Partnership Trust
- Leicester Partnership NHS Trust
- Manchester Mental Health & Social Care NHS Trust
- Nottinghamshire Healthcare NHS Trust
- Portsmouth City Teaching PCT
- Ty Morris Psychotherapy Service, Swansea (NHS)
- University of Manchester

There has also been further representation from Spain, Greece and Japan.

Professional Background and Specific Family Oriented Training Experience of Participants

With regard to professional background the following designations were reported:



Participants reported a range of just under 1-year to 30-years professional experience with the average (mean) of 10 years. Of the eighty-eight participants, 96% reported having a professional qualification. The split between those who reported having some previous specific training in working with families and those that had not was 48% and 52% respectively. Where

training had taken place this included: 5-day BFT course; Thorn; Systemic Family Therapy; Family Intervention (Barrowclough & Tarrier/Leff); COPE (University of Manchester). However 89% of participants stated that they were currently involved in working with families. This indicates yet again that staff are having to deliver services for which they have not received any training.

With regard to motivation for taking part in this training, participants reported the following:

- Direct relevance to Early Intervention Service (family work as 'essential', 'core')
- Service requirement to work with families
- To develop specific skills applicable to family work
- To build confidence in working with families
- The need for more structured training tools
- Attracted by the intensive programme and practical sessions
- Interest/belief in family work
- Professional development

Training Held Outside Birmingham

In addition to the courses held in Birmingham, we have also trained a group of ten people in Glasgow, and five people in the Cambridge area, all of whom are working in early psychosis services. In May this year, we will train fifteen EI workers in Hertfordshire and a further course for ten people is planned for Glasgow for later in the year. Two further courses to be held in Birmingham are planned for September 2008 and February 2009. Delegates have already signed up for these courses. We are also hosting a learning event on the topic of family work in early psychosis on 18 June 2008, and Gráinne will be speaking on an event looking at Kent-wide services in Canterbury on 10 June 2008.

On our Training Trainers course this year, a number of those trained as trainers work on Early Intervention teams and plan to roll-out courses locally over the coming year. The cascade model continues to be very successful in helping large numbers of staff to develop skills.



Delegates at the Early Intervention BFT course in Birmingham (February 2008)