

5-Day Behavioural Family Therapy Training Course

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

20-24 February 2012

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 free for internal staff** and trainees are expected to practice family work and attend supervision following training.

**Cost: £900 per participant. This includes a detailed course manual,
all course materials, lunch and refreshments throughout the course.**

**There are limited places available for the above course. If you are interested in attending
please ring Nadine Berry on 0121 678 2895 or e-mail 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 27 January 2012

**Cost: £900 per participant. This includes a detailed course manual,
all course materials, lunch and refreshments throughout the course.**

**Notes: For BSMHFT staff, if you cancel after 27 January 2012
please refer to the trust policy for daily cancellation charges.**

**For external delegates any cancellation received after 27 January 2012 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 678 2895 Fax: 0121 678 2891 Email: nadine.berry@bsmhft.nhs.uk