

## **Behavioural Family Therapy (BFT) TRAINING TRAINERS COURSE**

### **INFORMATION**

#### **Course Details**

The purpose of this five-day course is to provide participants with the skills necessary to train and supervise therapists in the use of Behavioural Family Therapy for psychosis, bi-polar disorder and other mental health issues. The course is participative in nature and will provide participants with the opportunity to practice skills and to receive feedback from fellow participants and from the facilitators. Those attending will learn skills for use in straightforward training and supervisory situations, and also how to handle unexpected events and awkward questions.

The training is intensive, with a high tutor to participant ratio (1:5). Through role-play, group exercises and filmed sessions, participants receive thorough and detailed feedback on their performance and areas for development.

#### **Selection Criteria**

This course is open to those who have completed initial training in Behavioural Family Therapy. Applicants must have a working knowledge of the model as they will be expected to present components of the approach, facilitate role-play groups where people practice using skills from the approach, and give/receive feedback on their skills as part of the training.

If you are not trained in Behavioural Family Therapy and would like to do so, please get in touch to get dates of our next course.

#### **Application Process**

If you meet the selection criteria please email Sam Farooq ([samfarooq@nhs.net](mailto:samfarooq@nhs.net)) for an application pack. Please complete and return all sections of this. You will receive a confirmation email advising you that your place on the course has been confirmed once your completed paperwork has been received and your eligibility for the course has been confirmed.

Please note that all places are allocated on a 'first come, first served' basis.

A full programme will be sent out nearer to the time of the course.

## **Pre-Course Work**

The application form includes details of presentations that you will need to prepare prior to attending the training. You will be required to deliver these presentations in small group work during the course. If you are unsure about any of the requirements of the pre-course work please get in touch with us as soon as possible.

## **Cost**

A place on this intensive five-day course is £1700 per person. Invoices will be raised in February/March 2021 unless you request for this to be done sooner. Please ensure that you have raised a purchase order in good time as your application may be delayed if this is not received.

## **Cancellations**

You may cancel your place on the course without charge up to the date specified on the application form – usually 4-5 weeks before the start of the course. Any applications or requests for cancellations received after this time cannot be refunded. We are happy to accept a change of applicant as long as they meet the selection criteria. Replacement applicants will have to complete and return the application documents before taking up the place on the course.

## **Microsoft Teams**

This course will be delivered via Microsoft Teams.

A 'meet and greet' session will take place for applicants prior to the course. This session is for you to meet some of the trainers, ask any questions you may have and check the MS Teams links that will be sent to you to make sure you are able to join and navigate through the rooms. Please use the device that you will be using during the course when you access this session.

**If you have any queries please contact Sam Farooq on:**

Email: [samfarooq@nhs.net](mailto:samfarooq@nhs.net)  
Tel: 0121 301 2896 Fax: 0121 301 2891