

One-Day Skill Training

Cognitive Behaviour Approach in Parenting Intervention

**Facilitated by Jivan Culshaw
Clinical Psychologist, Coventry & Warwickshire Partnership Trust**

This workshop will help you to recognise the importance of the 5 systems model in understanding and formulating psychological distress. At the end of the day you will be able to:

- Distinguish between Thoughts, Feelings, Behaviour, Physiology, and Environmental factors.
- Appreciate how different components of the 5 systems model interact to maintain psychological distress.
- Be able to formulate a clinical presentation using the 5 systems model

**Wednesday 1st February 2012
10:00am – 4:00pm
Unity Hall,
Bulkington Village Centre
CV12 9TB**

Managing Resistance in Service Users

**Facilitated by Jivan Culshaw
Clinical Psychologist, Coventry & Warwickshire Partnership Trust**

This workshop will help you to recognise the importance of the 5 systems model in understanding and formulating psychological distress. At the end of the day you will be able to:

- Distinguish between Thoughts, Feelings, Behaviour, Physiology, and Environmental factors.
- Appreciate how different components of the 5 systems model interact to maintain psychological distress.
- Be able to formulate a clinical presentation using the 5 systems model

**Wednesday 29th February 2012
10:00am – 4:00pm
Sydni Centre,
Leamington Spa
CV31 1PT**

OR

**Tuesday 13th March 2012
10:00am – 4:00pm
Beaumont Room,
Bulkington Village Centre
CV12 9TB**

Life Stresses and the Impact on Parenting

**Facilitated by Jivan Culshaw
Clinical Psychologist, Coventry & Warwickshire Partnership Trust**

This workshop will provide:

- A brief overview of the causes of stress
- The Impact of Stressors on Parenting and
- The Impact of Parental Stress on Children

Throughout the day there will be experiential learning as well as information about how to manage parental stress and skills teaching for how to elicit information that will build effective working relationships with service users.

**Thursday 3rd May 2012
10:00am – 4:00pm
Beaumont Room,
Bulkington Village Centre
CV12 9TB**

Developing Confident Communication Skills

**Facilitated by Jivan Culshaw
Clinical Psychologist, Coventry & Warwickshire Partnership Trust**

This workshop will help you to:

- Understand the process of communication
- Gain knowledge about communication blocks and builders
- How to practice skilful responding
- and manage High Expressed Emotion

Throughout the day there will be experiential learning and there will be skills teaching that will improve your confidence and help you to communicate effectively under the most difficult of circumstances.

**Thursday 31st May 2012
10:00am – 4:00pm
Beaumont Room,
Bulkington Village Centre
CV12 9TB**