

This practical short course will enable students to build upon and develop their interpersonal and therapeutic intervention skills through theoretical lectures and skills based video workshops. It introduces students to a range of therapeutic and communication style-based interventions and explains the different theoretical models underpinning these approaches to mental health problems. It will enable students to reflect critically on their current clinical and social work practice thus increasing their awareness of the factors that influence and shape their approach to clinical work with service users.

The emphasis is on time-limited approaches in therapy and the impact of strengths-based models in communicating with those experiencing personal difficulties.

Course Content

- Effective skills required in therapy including communications skills and developing therapeutical alliances with service users;
- Analysis of the range of therapeutic options in delivery of talking therapies in both in-patient and community settings;
- Approaches in therapeutic practice eg CBT, Solution Focused Therapy, Rogerian Principles etc
- Core principles of psycho-analytical thinking;
- Current debates and controversies around evidence based approaches;
- Development of reflective practice to influence students' clinical approaches;
- The notion of being brief in therapy and development of integrative levels of delivery;
- The importance of supervision.

Who is it for?

Suitable for those working, with or without professional status, in the statutory, voluntary or private health or social care sectors. Some prior knowledge or experience in this area is helpful but not essential.

Dates:

Part-time: Thursday a.m. from February 2011 or
Block attendance: Monday 13th, Tuesday 14th,
Wednesday 22nd & Monday 30th June;
Friday 1st July 2011

Cost:

£600.00

Location:

London Metropolitan University
Faculty of Applied Social Sciences
Ladbroke House
62-66 Highbury Grove
London
N5 2AD

Award and Further Study:

Upon successful completion of the optional assessment, 20 academic credits at M level will be awarded. This can be taken towards the MA in Mental Health and Wellbeing

Further information:

Contact Simon Brewer, Senior Lecturer in Mental Health on: tel: 020 7133 5170
email: s.brewer@londonmet.ac.uk

How to apply:

Contact the Admissions Department on
tel: 020 7122 4202