



Building Our Confidence in Talking About Mental Health

Duration: Half Day and Full Day Course Available

Cost: £700/£1250

Delivery: In Person or Online

This course provides an outline of different philosophical perspectives to view our 'mental health' including the medical model and a non-pathologising, trauma-informed approach. It provides some practical exercises and top-tips for professionals to engage their clients in conversations about what's going on for them emotionally.

Course Aims:

- To understanding the types of common mental health problems
- To develop our confidence in helping people talk about their emotional

Course Outcomes:

Learners will:

- Understand the prevalence and types of common mental health problems
- Being more confident in talking to clients about their mental health

Details

In- person	Online
£700/£1250	£700/£1250
Maximum 18 Attendees	Maximum 25 Attendees
Half Day 3.5 hours including comfort break Full Day 30 minute lunch break plus 2 comfort breaks	Half Day 3.5 hours including comfort break Full Day 30 minute lunch break plus 2 comfort breaks

*Prices exclude VAT

Book Your Training Today

To book one of our courses, or to request more information, or receive a no-obligation quote, please get in touch with our friendly team at Learn@storicymru.org.uk or use the enquiry form on our website. We'll be happy to assist you with any questions and help you find the training that best suits your needs.

Bespoke Training Tailored to You

If you have specific training needs, we would be delighted to collaborate with you to develop a programme that aligns with your objectives and empowers your team to excel.

Please reach out to us to discuss how we can support your organisation's growth and success.