



PROFESSIONAL DEVELOPMENT COURSES

Course Title	Course Content	Dates
Motivational Interviewing	Recognised as one of the most powerful approaches when working with addiction. This course gives an overview of the principles of Motivational Interviewing and some practical tips and help with applying the principles to everyday practice with your clients.	9 Nov 2018 7 June 2019
ACT - Acceptance & Commitment Therapy	A new strategy, fast, pragmatic and challenging traditional models of behavioural therapy. This course aims to introduce the core principles of Acceptance and Commitment Therapy (ACT) and explain how ACT works alongside existing therapies.	4 Jan 2018 5 July 2019
Introduction to Drug Awareness	To explore the different types of drugs commonly used and their risks and effects. To consider the motivation behind drug use and the impact of drugs on the individual and on society.	14 Sep 2018 29 Mar 2019
Introduction to Alcohol Awareness	This course provides the learner with an understanding of the risks and effects of alcohol use. To increase awareness of screening techniques and brief interventions appropriate for alcohol use.	28 Sep 2018 10 May 2019
Dual Diagnosis	Exploring the complicated relationship between substance misuse and mental health. This course aims to give practical support when working with individuals with a dual diagnosis.	12 Oct 2018 24 May 2019

All Professional Development Courses take place on Friday mornings 9:30-12:30 at the EDAS Learning Centre, 54a Ashley Road, Poole, Dorset, BH14 9BN. Cost £60 per person. To book and for further information go to www.edasuk.org or contact Jane Keyworth on 01202 743279, jane.keyworth@edasuk.org



Course Title	Course Content	Date
Relapse Prevention	A toolkit of strategies to support those working to sustain positive recovery.	23 Nov 2018 21 June 2019
Understanding Stress, Anxiety & Depression	This course explores the biological basis of stress, anxiety and depression. It aims to give practical support in managing the physiological and psychological issues related to these emotional states.	18 Jan 2019 19 July 2019
Understanding Anger	To understand anger as a process and to give practical strategies in the management of behaviour associated with anger.	1st Feb 2019 30 Aug 2019
Introduction to Autism	This course introduces the three main areas associated with Autism; communication difficulties, problems with social imagination and sensory issues.	15 Feb 2019 13 Sep 2019
Communicating with Teenagers	Why and in what ways, teenagers think and behave differently from adults. Practical tips on how to improve engagement and communication with teenagers.	1st Mar 2019 27 Sep 2019
Alcohol & Older People	Outlining the specific concerns when working with older people who are drinking at a high level. To improve understanding, awareness and support.	15 Mar 2019 11 Oct 2019

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