



PROFESSIONAL DEVELOPMENT COURSES 2019-2020

Course Title	Course Content	Dates
Introduction to 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.	7 Jun 2019 6 Dec 2019 19 Jun 2020 11 Dec 2020
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.	5 July 2019 24 Jan 2020 17 Jul 2020
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.	29 Mar 2019 25 Oct 2019 8 May 2020 30 Oct 2020
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.	10 May 2019 8 Nov 2019 22 May 2020 13 Nov 2020
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.	24 May 2019 22 Nov 2019 5 Jun 2019 27 Nov 2020

All CPD courses cost £60 per person and include an EDAS CPD Certificate.

Courses take place on Fridays 9:30 to 12:30 at 54a Ashley Road, Poole, Dorset, BH14 9BN.

All sessions facilitated by Jane Keyworth. To book and for session details visit www.edasuk.org OR contact the

EDAS Training Department on 01202 743279 or training@edasuk.org.



Course Title	Course Content	Date
Relapse Prevention	A toolkit of strategies to support those working to sustain positive recovery.	21 June 2019 10 Jan 2020 3 Jul 2020
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.	19 July 2019 7 Feb 2020 31 Jul 2020
Understanding Anger	To understand anger as a process and to give practical strategies in the management of behaviour associated with anger.	30 Aug 2019 28 Feb 2020 4 Sept 2020
Introduction to Autism	This course introduces the three main areas associated with Autism; communication difficulties, problems with social imagination and sensory issues.	13 Sept 2019 13 Mar 2020 18 Sept 2020
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.	27 Sept 2019 27 Mar 2020 2 Oct 2020
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.	11 Oct 2019 17 Apr 2020 16 Oct 2020

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