



PROFESSIONAL DEVELOPMENT COURSES

Course Title	Course Content	Date
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.	11 May 2018
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.	1st June 2018
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.	20 April 2018
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.	27 April 2018
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.	4 May 2018

All Professional Development Courses take place at the EDAS Learning Centre, 54a Ashley Road, Poole, Dorset, BH14 9BN – 9:30-12:30 on Friday mornings. Cost £60 per person.



Course Title	Course Content	Date
Relapse Prevention	A toolkit of strategies to support those working to sustain positive recovery.	25 May 2018
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.	8 June 2018
Understanding Anger	To understand anger as a process and to give practical strategies in the management of behaviour associated with anger.	22 June 2018
Introduction to Autism	This course introduces the three main areas associated with Autism; communication difficulties, problems with social imagination and sensory issues.	29 June 2018
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.	6 July 2018
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.	27 July 2018

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