



# **Edinburgh Mind's Well Recovery College and Peer services**



We are pleased to introduce our new Spring programme. These workshops aim to educate professionals, service users and the wider public to improve mental health and wellbeing, self-development and Continuous Professional Development.

# Mind's Well Recovery College and Peer Services

The Edinburgh Mind's Well Recovery College is a social enterprise that delivers a range of wellness and recovery focused learning, development opportunities and peer led services that include:

Learning skills and strategies to cope with challenging times, for example in relation to change and loss

Strengthening personal coping skills

Developing and maintaining positive relationships

Helping to understand personal responses to situations

Personal and spiritual development

One to one peer support

CPD for people with lived experience & other professionals

Our workshops are experiential, highly qualified professional peer educators ensure that you learn in a safe, non-judgemental and relaxed environment.

You will have a different experience from other learning in that you will be able to use your own experience to connect the new knowledge to what you already know. Allowing you to integrate the new learning in an easy and enjoyable way.

You will not be asked to share anything that you don't feel comfortable sharing but you will be encouraged to use your knowledge and experience in a completely confidential environment to enhance your learning.

## PEER SUPPORT & MENTORING

### PDA mental health peer support

#### General information

The qualification has been developed as a result of collaboration between SQA and the Scottish Recovery Network (SRN). The aims of the SRN are to:

- Raise awareness of recovery from mental health problems.
- To learn more about the factors which help and hinder recovery
- To build capacity for recovery by supporting and encouraging national and local action.

**Costs: Individual purchase Full price £575**

**For organizational purchase contact [maria@mindswell.org.uk](mailto:maria@mindswell.org.uk) as we can offer in-house training.**

#### Structure

The PDA in Mental Health Peer Support (16 SCQF credit points) at SCQF level 7 is achieved on the successful achievement of two mandatory Units: Unit 1 RC (Recovery Context) and Unit 2 DP (Developing Practice)

You can choose to register for the PDA in our Open Learning Course which includes two half days a month, practice and self-study. This course takes a year to complete and our next intake will be in June.. It is also possible to take individual modules as part of your Continuous Professional Development.

## PDA MODULES

UNIT	MODULE
RC	WRAP (Wellness and Recovery Action Plan)
RC	INDUCTION
RC	Recovery principles
RC	Recovery and coaching skills
RC	Trauma and abuse
RC	Self-harm, addictions and suicide prevention
RC	Introduction to peer support
RC	Key principles of peer support
DP	Communication and listening skills
DP	Storytelling using your experience as an expert
DP	Boundaries & co-dependency
DP	Self-care and healing
DP	Strengths based approach in practice

### Application process

If you would like to apply for a place in this award, register your interest [info@mindswell.org.uk](mailto:info@mindswell.org.uk)

Enclose a short paragraph explaining your reasons to apply, your background and what you expect to get out of this qualification. Once your application is received, Mind's Well will arrange a phone or face to face interview. If you are selected to join our award, you will be invited to join us in an Induction Day.

## Peer Support Forum

Evidence from pilots run across Europe and Scotland suggest that candidates would greatly benefit from having support post-qualification. We are developing a forum for people in recovery from drugs and alcohol abuse as well as people with lived experience of mental ill-health. Although we acknowledge that recovery is an individual journey and issues may be different for different individuals, there are issues that are mutual such as:

1. Preparing services to employ peer support
  - Introduction to peer support for professionals working alongside to peers
  - Developing policies and procedures to manage people with lived experience (including volunteers, practitioners and peer mentors)
  - Support preparing roles for peer volunteers (developing job plans and roles)
2. Support recruiting, screening and training peers
  - Interviewing and selecting candidates
  - Core training for volunteers
  - Supporting volunteers to maintain their own recovery while helping others.
3. Inducing peers, supervision and development
  - The forum will offer opportunities for external supervision, regular support

meetings, CPD opportunities and personal development plans if required.

If you are interested in becoming a member please contact us either by phone 07443935667 or e-mail [info@mindswell.org.uk](mailto:info@mindswell.org.uk)

#### Memberships costs

MEMBERSHIP	GOLD		SILVER		BRONZE	
	Annual	Monthly	Annual	Monthly	Annual	Monthly
Full rate	£250	£35	£200	£30	£150	£25
Concessions	£195	£25	£150	£20	£95	£15

#### Gold membership

Unlimited access to our peer support activities.  
Peer support network and CPD opportunities  
Supervision  
25% discount for our Online training programme

#### Silver membership

Peer support network and 2 CPD  
Supervision

#### Bronze membership

Membership to our Peer Support Network  
Quality Standards Award

## Core Training for PWLE

Personal experience in struggling with life changing events such as mental ill-health, long term physical illness, addictions, debt and/or disability affect people in different ways, however we can see common patterns.

In our training you will learn the difference between “being there and having the t-shirt” to supporting someone who is facing similar issues, such as stigma and discrimination, isolation, lack of direction, difficulties accepting their condition or life changing events.

Our educational course will enable you to develop listening and counseling skills, a strengths based approach to support and trauma informed practice. You will grow and develop in your role as peer support worker or volunteer at your own pace.

**HARNESSING THE POWER OF WORDS:** Communication and listening skills  
**Tuesday, 14<sup>th</sup> June 2016 10 – 2**

Our brain is constantly changing and reshaping. Every time we have a new experience (a thought, feeling, sensation or behavior) or learn something, hundred of millions of neurons reorganize.

The way we speak has an impact on how we think and how we feel. Furthermore, the words we use have an impact on how we communicate with others and the deep



meaning of what we say. Using language that focuses on people's strengths and their ability to heal, enables them to engage in a recovery and acceptance journey.

Dr. Dispenza maintains that the brain can not differentiate an external event from an internal experience. If we smile, our brains think that we are happy!!

Hence, we can transform our health, relationships, wealth and our entire life just changing the way we think and speak. Reducing self-stigma and discrimination.

In this workshop we learn how to use more positive and recovery focused language, thinking patterns and how to rewire our brains in order to reduce anxiety, enhance empathy and empower ourselves and others.

## **ADDICTIONS AND SELF-HARM AWARENESS**

***Wednesday, July 6<sup>th</sup> 2016 10 - 2***

Peer support workers and volunteers may have personal experience of alcohol/drugs abuse, self-harm, suicide and eating challenges. Many people who benefit from peer support will be also struggling with these issues.

In this workshop we use professional and personal experience to introduce the topic of addictions. When people are facing traumatic events or stressful situations may self-medicate using drugs or alcohol, they may try to exercise control through food intake and/or engaging in self-harming behaviours such as cutting, burning or taking risks.

The aim of this workshop is to help you understand why people engage in these behaviours.

You will learn how to assess risk, negotiate risk and support people effectively.

## **TRAUMA Introduction to trauma informed practice**

***Friday, June 17<sup>th</sup> 2016 10 - 2***

People with Lived Experience of Life Changing Events will have different degrees of exposure to trauma and loss. Trauma is different for each individual. In general, a person perceives an event as traumatic if their ability to cope with the stressors is overwhelmed.

In this workshop, you will learn to change the perspective from "What is wrong with you" to "What has happened to you"?

Stress is a natural response to overwhelming situations, it engages our survival instincts. The problem arises when stress becomes chronic or cumulative.

Learn what stress does to your body, mind and soul and how to reduce its effects.

## **BOUNDARIES AND CO-DEPENDENCY: Introduction to peer support**

***Wednesday, 22<sup>nd</sup> June 2016 10 - 2***

At the most basic level peers are people who have some mutuality and equality such as having shared experiences, backgrounds or characteristics. What makes the peer support worker role different from other peer relationships is the intention to use the shared experience to develop strong relationships based on mutuality, empathy and shared understanding that benefit both peers in the relationship.

***"Peer support workers or volunteers are people with lived experience of a condition who are trained and employed to work in support of others in recovery"***

In this workshop you will learn more about the principles underlying formalized peer support: mutuality, empowerment, strengths based approach and empathy.

You will practice developing personal boundaries and learn about organizational and legal frameworks such as confidentiality, duty of care, negotiating risk and developing effective and mutually beneficial peer support relationships.

### **RECOVERY COACHING SKILLS** Principles of peer support

***Wednesday, June 8<sup>th</sup> 2016 10 - 2***

Recovery coaching is a form of strengths-based support for persons with addictions or in recovery from alcohol, other drugs, codependency, or other addictive behaviors. Recovery coaches work with persons with active addictions as well as persons already in recovery.

Recovery Coaching Skills will help you find your strengths and apply them to having a better life. You will learn a new paradigm where people affected by addiction are supported to find their creative, resilient, and resourceful self. What would it be like to have support from someone who believes in you, sees your strengths, and wants you to enjoy life in recovery?

**STORYTELLING:** Using your experience to inspire others.

***Monday, June 13<sup>th</sup> 2016 10 - 2***

When facing life changing events a crucial part of healing and recovering is to create a sense of self that is rich and incorporates all aspects of your identity, including traumatic events.

**Storytelling** is the conveying of events in words, sound and/or images, often by improvisation or embellishment. Stories or narratives have been shared in every culture as a means of entertainment, education, cultural preservation, and instilling moral values.

In traditional settings, oftentimes people identify themselves with their conditions, having a mental health problem, physical disability, medical condition etc. When people sum up their sense of self through a disability framework they miss out all the other aspects of the self.

There are several psychological reasons why stories are so powerful.

They connect us to a larger self and universal truths.

Through stories we share meaning and purpose. Stories are the common ground that allows people to communicate, overcoming our defenses and our differences. We engage emotions.

Stories take place in the imagination. To the human brain, imagined experiences are processed the same as real experiences.

By engaging our imagination, we become participants in the narrative. We can step out of our own shoes, see differently, and increase our empathy for others. Through imagination, we tap into creativity that is the foundation of innovation, self-discovery and change.

### **SELF-CARE & HEALING**

***Friday, June 3<sup>rd</sup> 2016 10 - 2***

Most people do not pay much attention to the things they do in order to stay well. In this line of work it is essential that peer support workers pay close attention to their well being and healing process.

There are many self-management tools available and we will look into some of them, such as WRAP (Wellness and Recovery Action Plan), self-help groups and advance statements.

“Wellness is a conscious, deliberate process that requires a person to become aware of and make choices for a more satisfying lifestyle”

In addition, peer support workers face the challenge of self-healing through other's experiences. When support workers are exposed to other people's experiences they have the opportunity to re-evaluate where they are at with their issues and re-write their story in order to incorporate further layers of healing.

Hence, it is important to have a space or to create opportunities to enable this healing process.

## Self-management & Personal Development

Self-management, education and self-advocacy are key principles in recovery. The Mind's Well Recovery College offers courses, workshops and resources in order to support you to discover who you are, what works for you and how to communicate it to your family, friends and professionals looking after you.

Our workshops aim to provide you with space and tools to explore who you are in a safe and confidential environment. Our facilitators have personal experience of mental health issues and the expertise to facilitate this self-discovery process in your time, in a way that suits your needs and ensures your safety.

Some of our courses are one day, some are blended learning which includes online and face to face time.

All attendees to our courses and workshops will receive a certificate of attendance.

Our workshops are more condensed and usually last 2 hours.



### ENGAGING EMOTIONS THROUGH PLAY

Saturday, 28<sup>th</sup> May 2016 10 – 4

Cost: £60 Early bird £45

"We don't stop playing because we grow older, we grow older because we stop playing"

Research shows that the way the human body process emotions influences our mental and physical bodies.

Our thoughts are responsible for creating our emotions. When we feel emotions and do not process them in a helpful way, they become trapped and disrupt the energy field of the body. Anger, frustration, anxiety, depression and other negative emotions can cause physical illnesses such as chronic pain, fatigue

syndrome, IBS and many others.

Playing allows us to process emotions in safe ways and it helps us to dislodge that trapped energy, making us feel better.

Come along to this workshop and find out how playing can help you and help your clients.



## **AM I SELFISH? Workshop**

Thursday, 26<sup>th</sup> May 2016 6 – 8

Cost: £25 Cons £15

Do you feel guilty when your friends need you and you want to do something that you enjoy?

In western society, the difference between self-love and selfishness is very blurry. We are told constantly that we are selfish or self-indulgent if we decide to do things that are good for us, make us feel better or simply are enjoyable for us.

In this workshop you will learn why looking after yourself is so important. You will develop a sense of healthy self-love and acceptance. Many carers deplete themselves because they do not invest enough resources in keeping themselves healthy and happy.

Prolonged period of stress alter how our brains and body work and can be extremely damaging.

Start looking after yourself and join us in this amazing workshop that will allow you do the things that you enjoy without feeling selfish.



## **SPEAK OUT: Self-advocacy Workshop**

Thursday, 2<sup>nd</sup> June 2016 6 – 8

Cost: £25 Conc: £15

Do you find it difficult to express your opinion sometimes? Would you like to be able to speak in public without going into panic? There are many techniques that you can practice to make a better impression in job interviews, staff meetings, giving presentations and generally speaking your truth.

Presenting information clearly and effectively is a key skill to get your message or opinion across and, today, presentation skills are required in almost every field.

If you have to talk to your doctor, your boss or anyone, you want to put across your thoughts as clearly as possible. For many people, this is a daunting prospect. This workshop will teach you the skills and will increase your confidence to speak out. You will have an opportunity to find out your strengths and work on them. In that way you will increase your confidence and self-esteem in a natural and lasting fashion.



## **IMPROVE RELATIONSHIPS: How to get the most out of your relationships**

Thursday, 9<sup>th</sup> June 2016

Cost: £25 Cons £15

Relationships are one of the main sources of support for humans, healthy, supportive and trusting relationships will improve your health, increase your confidence and self-esteem and provide you with security and satisfaction.

Yet, relationships require a lot of investment and care. When relationships are not working, they can be a source of stress, ailments and unhappiness.

In this workshop we will find why it is so challenging to communicate with those closest to us, how to improve communication and what are the basics of good, healthy and supportive relationships.

Come along and you will get a life changing experience.



## **OBSESSIVE COMPULSIVE DISORDER: How to develop coping strategies to reduce compulsions.**

**Thursday 18<sup>th</sup> June 2016 6:00 - 8:00 EDINBURGH PS002**

Learn strategies to reduce the impact of the symptoms including irrational fears and thoughts and repetitive behaviours. You will be able to re-wire your brain and learn how to reduce panic attacks and anxiety. In a safe, non-judgemental environment you will be able to explore how OCD affects you and learn skills and coping mechanisms that will improve your symptoms. Most sufferers feel frustrated because they recognize that their thoughts and behaviours are irrational, yet they feel compelled to obey them.

Cost: Full £25 Concessions £15

## **Continuous Professional Development**



## **Coping with Anxiety & Stress**

**Monday, 20<sup>th</sup> June 2016 10 – 4 pm EDINBURGH PS001**

When do worries become an anxiety disorder? Everybody has got worries, right? Anxiety is one of the most frequent and debilitating mental health concerns in the bustling western society. Worries are part of everyday life, it is perfectly normal to feel anxious before a job interview or an exam.

Yet, for some people, anxiety and worries become overwhelming and interferes with their ability to enjoy their lives. Do you want to know more about what is anxiety, how it affects you and how to reduce its impact on your life?

In this workshop you will find out the different types of anxiety related disorders, their symptoms and treatment options. One of the most challenging effects of an

anxiety disorder is panic or anxiety attacks. They can render people unable to functions from a few minutes to days.

You will learn useful and easy to use techniques to support people experiencing anxiety disorders, self-management tools and recovery focused approaches to treatment.

**Cost: Full rate £90**



## Introduction to Dialectical Behavioural Therapy

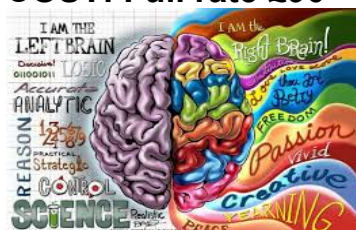
**Saturday, 21<sup>st</sup> May 2016      09:30 – 4:30      Edinburgh**

This is a therapy that combines CBT and Zen Buddhism. It was initially developed by Marsha Linehan for individuals with Borderline Personality Disorder. This client group use self-destructive behaviours such as self-harm, substance abuse and eating disorders in order to cope with distressing emotions and situations. DBT focuses on the individual's ability to learn more helpful coping skills to deal with distressing emotions and situations, and to improve their relationships. In therapy, different points of view are discussed, and clients are then helped to select appropriate skills to either change or accept situations.

You will hear first hand from someone with lived experience of mental ill-health who has undergone this type of therapy.

You will learn about the basic principles and how to implement some aspects of this therapy into everyday life situations.

**COST: Full rate £90**



## Understanding how our thoughts shape reality

**Friday 10<sup>th</sup> June 2016 9:30 – 4:30      EDINBURGH**

***“All that we are is the result of what we have thought. The mind is everything. What we think we become.” —Attributed to Gautama Siddhartha, the Buddha***

Do you want to learn the real meaning of positive thinking? This workshop will transform your personal life and your professional practice. It will be the best money you have spent in recent times

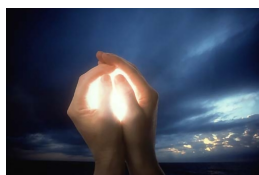
Modern science is providing further evidence that our thoughts have a huge influence in our lives, health and relationships.

Every time we have a new experience (a sensation, thought, feeling) or learn something, hundred of millions of neurons and their connections are reorganized.

Recent research highlights that every corporal experience (cold, fear, fatigue, happiness) has an influence in the shape of our brains. Dr. Dispenza maintains that the brain can not differentiate from an external physical sensation and an internal experience. Hence, we can find ourselves in a state of poor health when our minds chronically focus on negative thoughts.

In this workshop we talk about communication skills at a deep level, we examine our prejudices, how we portray ourselves to others, the dramas we use to win energy from others. You will have an opportunity to take control over your mind. You will reflect upon how you communicate with yourself and others,

**COST: Full £90**



## **Mindfulness and health**

***Friday, 13<sup>th</sup> May 2016 10 - 4 EDINBURGH***

Mindfulness is one of the most utilised therapeutic approaches used in psychological and clinical interventions. Yet, what is mindfulness and how is it different from religion, philosophy and spiritual concepts?

We separate spirituality from religion. Spirituality is a fundamental human experience that connects us with the profoundly powerful force that goes beyond religion, science and philosophy.

How do you deal with spiritual experiences in the consulting room (hearing voices, apparition, presentiments? Do you think that mindfulness or meditation could be useful? Are you concerned about the possible implications such as religious affiliation in order to learn these techniques? In this workshop, we propose the notion that mindfulness is not just a tool or technique but a way to rewire the brain. It allows us to connect the multiple dimensions of the human being which we call consciousness.

When people stop thinking and worrying about the future and the past, they can free their minds to focus on the present.



We propose a model of holistic intervention where the focus is to empower the person with self-knowledge and education about the issues affecting their lives.

You will learn a set of mindfulness, meditation and spiritual practices that will help your clients to improve their symptoms. Regardless of your theoretical background Mindfulness for Dummies is sure to provide you with an insight into self-management, peer support and the power of psycho-educational interventions.

**Cost: £90**



## **Abuse and complex trauma**

**PDA Approved**

**Cost: £90**

**EDINBURGH Tuesday 17<sup>th</sup> May 2016 9:30 – 4:30**

What does complex trauma mean in today's context?

We will introduce the topic Systemic Abuse in relation to complex trauma. The pace of life, stressors, demands at work, work-life balance, abusive practices from people in power position, lifestyles based upon consumerism and generalized abuse are having a detrimental effect on our psychological wellbeing. The concept of Complex Trauma is multidimensional, we are experiencing an unprecedented exposure to stressful situations and people's ability to cope with these stressors is diminishing.

Trauma is different for every individual. An experience will be deemed as traumatic for an individual if the person perceives lacking the resources to face the challenge. Furthermore, trauma has a cumulative effect.

According to research the levels of anxiety and stress in the UK indicate that almost 50% of the population are affected.

In this course, we will discuss why trauma occurs, how to manage symptoms and to reduce the impact that trauma and loss have in clients' psychological, emotional and physical health.

You will develop a trauma informed practice. You will gain understanding on the effects of trauma on child development, human psychology and how to minimise the effects without re-traumatising the individual.

### **OBJECTIVES**

You will understand the mechanics behind stress and trauma.

Short and long term effects of trauma: cumulative effects.

Experience and learn simple techniques to reduce stress for you and your clients.

Learn how to develop a trauma informed practice.



# Mental Health for Youth Workers

**EDINBURGH Monday, 23<sup>rd</sup> May 2016 9:30 – 4:30**

Do you work with young people? Would you like to learn more about young people's mental health? Mind's Well and Natural Wellbeing are working in partnership to offer youth workers this amazing workshop.

In the last few years there has been an increase in the number of young people displaying symptoms of mental ill-health, psychological and emotional distress. The reasons are complex and include budget cuts to preventative services, increased awareness about mental health and wellbeing, 24/7 culture that we live in and many other possible explanations.

According to BBC Scotland the number of young people self-harming is on the rise. In this short video one of our volunteers talks about the issues <http://www.bbc.co.uk/news/uk-scotland-31310407>

## Aim

To equip youth workers with the knowledge, skills and understanding in order to respond to young people in psychological distress. You will learn about teenage brain development, psychological and emotional wellbeing and techniques to improve mental health and psychological wellbeing.

## Objectives

Identify telltale signs

Managing difficult or challenging behaviours such as anger, panic attacks, self-harm, suicide risk

Learn about mental health common issues

## Programme

What is Mental Health?

The Adolescent Brain

Common Mental Health Concerns: Anxiety, Depression, Eating Disorders and self-harm/suicide

Management techniques

**Cost** £90 per person

## Self-harm and Suicide Prevention

### Addictions & mental health: the effects of trauma

Mind's Well Recovery College 9-11 Maritime Street EH6 6SB

**EDINBURGH Wednesday 11<sup>th</sup> and Thursday 12<sup>th</sup> May 2016 10 - 4**

Are you supporting someone who uses self-defeating behaviours? Do they attract a BPD diagnosis? Are they using self-injury, drugs/alcohol, risky behaviours?

Very often people who attract a BPD have experience various degrees of trauma. People use self-defeating behaviours such as eating disorders, alcohol/drug abuse and self-harm in order to cope with the effects of trauma, abuse and loss. In this workshop you will learn why and what can you do to help.

Self-defeating behaviours are those that we engage with despite knowing that they will make us fail, harm or bring trouble.

You will learn what it feels like to have a BPD diagnosis, how to approach the topic and where to seek help.

### **AIM**

You will develop skills and tools to support clients to learn self-management strategies through their recovery journey.

### **OBJECTIVES**

1. Increase understanding of what is like to have a BPD diagnosis and how it affects people.
2. Incorporate a more trauma informed and strengths based approach into your practice
3. If you are affected learn why you have developed these unhelpful coping strategies and how to develop healthier ones..
4. Support and help: where to go for help, advice and/or support.

### **COSTS**

<b>Full price</b>	<b>£175</b>
<b>Early Bird</b>	<b>£150</b>
<b>Student, carer</b>	<b>£ 95</b>



The British  
Psychological Society  
Approved

## **Managing Self-harming Behaviours Workshop**

**Edinburgh Monday, 30<sup>th</sup> May 2016 9:30 – 4:30**

*Mind's Well 9-11 Maritime Street EH6 6SB*

This training has been developed utilising professional experience gathered from the delivery and management of services for people who self-harm. People with lived experience have had an input in the preparation of the materials and are an integral part in the delivery of the training. This workshop is unique in the sense that it brings academic, professional and personal experience and knowledge together to offer you a whole perspective on this complex issue.

Furthermore, we strive to keep up with current research and practice based evidence, including NICE Guidelines Self-harm: Longer Term Management (2011)

### **AIM**

This workshop will provide you with tools to work with people who self-harm on an ongoing basis. We will learn more about how to support people who self-harm to understand their motivations and how to bring it under control.

### **OBJECTIVES**

- ❖ Understanding why each individual self-harms.
- ❖ What does research say about self-harm?

- ❖ How to respond to people who self-harm: what to say.
- ❖ Replacement therapy and alternative coping mechanisms.

**Costs:**

**Full price: £125**

**Early Bird: £99**

**Conc: £55**

## Self-harm & Addictions: from Theory to

**Practice** *ONLINE WEBINAR ON THURSDAY 19<sup>th</sup> MAY 2016 14 – 16 pm  
& TUESDAY 5<sup>th</sup> JULY 2016 16 – 18 pm*

Due to popular demand we have created this brand new workshop. It is an advanced module that last two days and focuses on the practical implementation of a harm minimisation approach to working and supporting people who self-harming and addictive behaviours.

We will introduce a new paradigm to understand addictions from a socio-economic deficit model. Most intervention models place the emphasis of getting the person “drug or alcohol free” without taking into account the role that abuse and trauma play into people’s addictions.

Learn more about trauma informed practice, recovery and self-management, replacement therapy, DBT, mindfulness and how to bring self-destructive behaviours under control.

### **AIM**

Understanding that addictive and self-defeating behaviours are based on a deep need for connection and bonding. Based on Bruce Alexander’s Rat Park model, where the emphasis of intervention is based on a psycho-social and strengths based approach.

### **OBJECTIVES**

- ❖ Reducing feelings of shame, stigma and isolation.
- ❖ Reframing symptoms as “ways of coping and surviving”
- ❖ Encourage self-management and emotional regulation
- ❖ Address risk (including self-injury and suicide)

**Cost: £90**

**Cancellation Policy for our services:** Once you have booked a place on the workshop and received notification of that place the following cancellation fees apply

- One week or less before the scheduled date of the workshop – Full booking fee to be paid**
- Between 8 and 14 days notice before the scheduled date of the workshop – 50% fee to be paid** You can, however, provide a substitute participant

MIND'S WELL  
RECOVERY COLLEGE



For more information:  
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