

Understanding Personal Outcomes: *Getting to the Heart of the Matter*

This course - **2 one-day workshops plus 2 online seminars**, has been developed to help practitioners working in all sectors to gain the trust of service users and their families/carers and the wider team. It enables them to gain an accurate and shared understanding of people's lives, life plans, beliefs and constructs and create person-centred formulations about which are most likely to support self-management and reduce risk. **It is suitable for practitioners from all professional groups working in Health, Education, Social Care and related agencies.**

LEARNING OUTCOMES: Participants be leave with confidence and capability:

- to develop cohesive, mutually respectful professional relationships with all service users, gaining their trust and collaboration,
- to have strengths-based conversations that help get to the heart of what matters and support formulations around what will build trust support collaboration and retain self-management and resilience.
- to work in an integrated way across professions and sectors - relating their professional goals to personal outcomes, not deficit, problem or disease.

WORKSHOP OUTLINE: This course is designed to run over **13 weeks** with **two one-day workshops** at the beginning and the end of the 13 weeks and **two 2-hour on-line seminars** in week 5 and week 10. It includes taught elements and plenty of practical skills work, as well as reflective practice trios. Broad areas covered include:

- Moving away from problems - conversational traps we need to avoid.
- Witnessing and experiencing reflective conversations.
- Noticing strengths – witnessing others and building insight/trust.
- Agreeing good-enough outcomes and priority risks with families.
- Helping families write an outcomes statement.
- Agreeing contingency plans and care plans with the whole team.

FACILITIES: These should be provided by the service/organisation commissioning the package and, for each workshop, should include:

- a large room (big enough for break-out groups)
- a data/powerpoint projector, screen and flipchart
- refreshments as appropriate
- photocopying of handouts

COSTS: *(Fee covers 2 day's tuition and 2 online seminars)*

For up to 21 participants (optimal)

£4,500+ £900 VAT = **£5,400** plus travel/accommodation expenses at cost plus VAT

Please see www.careaims.com/training/courses for more details or to make a booking please E-mail us at: contact@careaims.com or

Phone us on: **0131 516 8483**

