

Troubled Minds

**YOUR
LOGO**

All about Mental Health

A unique and dramatic course
facilitated by Dr Iain Bourne



9.30-4.30

DATE

VENUE

CONTACT

There can be few things that are more important than our own mental health and that of those with whom we come in contact. This "fringe theatre style" course is designed to inform, illuminate and empower staff in order that they can be more effective in assisting service users and confident in dealing with mental health services.

What you gain from this workshop:

- An understanding of the range of mental health issues encountered in your work
- An understanding of how mental health services are organized and mental health legislation is used
- Clarification of the difference between mental illness, personality disorder and other mental health issues
- Insights into the relationship between anxiety, stress and depression
- Strategies for working with service users troubled by hallucinations, delusions and paranoia
- A look at the relation between trauma and borderline personality disorder
- An opportunity to discuss issues around labelling, discrimination, differing approaches, difficulties in accessing services ... and any other issues that feel pressing

The Programme

This is a one-day course.

The day starts at 9.30, so you will need to arrive in advance of that. The day finishes at 4.30 prompt although Iain will remain behind at the end should you want to talk to him individually. Lunch is at 1.00 for 40 minutes and there are mid-morning and afternoon breaks.

The morning will begin by getting to grips with what we mean by mental health and ill-health, the mental health system and legislation.

A range of mental health issues will then be examined through dramatised and narrated encounters with service users allowing for a more focused opportunity to link theory and practice as it is encountered in participants' work lives.

This is essentially four courses in one and as such there is an enormous amount to material to cover. While Iain will try to include as much as he can in the time available, the programme may need to be adapted to meet the group's main interests.

Dramatic Training

A fringe theatre approach to training involving powerful first-person dramatised encounters with service users. An enjoyable and memorable way to learn about mental health issues.

Understanding the experience of service users and identifying practical ways to enable and assist them in their lives



Dr. Iain Bourne
impact LIMITED
TRAINING & CONSULTATION