




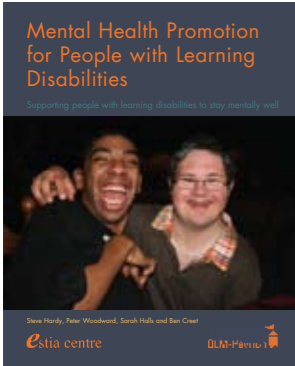
**Challenging Behaviour: A training pack to develop good practice in working with people whose behaviour is described as challenging**  
 Steve Hardy and Theresa Joyce

Available from [www.pavpub.com](http://www.pavpub.com) from Autumn 2010



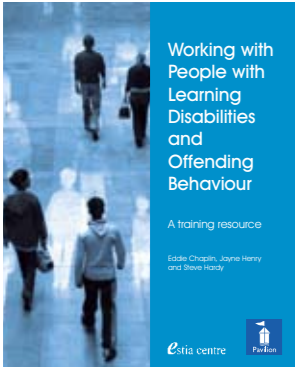
**Mental Health in Learning Disabilities: A training resource**  
 Geraldine Holt, Steve Hardy and Nick Bouras

Available from [www.pavpub.com](http://www.pavpub.com)



**Mental Health Promotion for People with Learning Disabilities**  
 Steve Hardy, Peter Woodward, Sarah Halls and Ben Creet

Available from [www.pavpub.com](http://www.pavpub.com)



**Working with People with Learning Disabilities and Offending Behaviour: A Training Resource**  
 Eddie Chaplin, Jayne Henry and Steve Hardy

Available from [www.pavpub.com](http://www.pavpub.com)

All of the training workshops advertised can be delivered in-house for your service. The Estia Centre can also develop bespoke workshops to meet specific training requirements. If you are interested in any of the training opportunities the Estia Centre offers please contact:

<p><b>Steve Hardy</b>                  Training Consultancy Manager  <b>Tel:</b> 0203 228 9744  <b>Email:</b> <a href="mailto:steve.hardy@kcl.ac.uk">steve.hardy@kcl.ac.uk</a></p>	<p><b>Steve Hardy</b> is the Training and Consultancy Manager at the Estia Centre. Steve has worked in and managed residential, day and secure services for people with learning disabilities who have additional mental health needs. He has vast experience of developing and delivering training to a range of staff on the mental health needs of people with learning disabilities and on capacity to consent. He has published several books, guidance and training materials in the field and is joint editor of <i>Advances in Mental Health and Intellectual Disabilities</i></p>
<p><b>Sarah Halls</b>                  Training Officer  <b>Tel:</b> 0203 228 9740  <b>Email:</b> <a href="mailto:sarah.halls@slam.nhs.uk">sarah.halls@slam.nhs.uk</a></p>	<p><b>Sarah Halls</b> is the Training Officer at the Estia Centre. She graduated in 2002 with a BSc (Hons) in Psychology. Sarah has worked in outreach, residential and day services for people with learning disabilities and mental health problems. She has also worked as an Assistant Psychologist, helping to develop and run a specialist assessment and treatment unit for people with learning disabilities and severely challenging behaviour. She has published books and training materials, as well as articles for <i>Advances in Mental Health and Intellectual Disabilities</i>.</p>

The Estia Centre works closely with the Behavioural and Developmental Clinical Academic Group, our national services include:

- › Adult Attention Deficit Hyperactivity Disorder Service
- › Behavioural Disorders Services
- › Behavioural Genetics Clinics
- › Forensic Service
- › Mental Health and Learning Disabilities Unit
- › Mental Impairment Evaluation and Treatment Service

For more information on our national services please visit [www.national.slam.nhs.uk](http://www.national.slam.nhs.uk)



**Meeting the mental health needs of adults with learning disabilities**

Training opportunities to develop a competent and capable support team  
[www.national.slam.nhs.uk](http://www.national.slam.nhs.uk)

# Welcome

The Estia Centre is a training, research and development resource for those who support adults with learning disabilities and additional mental health needs. The Estia Centre is an integral part of the local services for people with learning disabilities provided by the South London and Maudsley NHS Foundation Trust.

The Estia Centre aims to support the development of a competent workforce, from support staff to experienced managers and from a variety of services. By working in close collaboration with clinical services, we aim to improve the care of people with learning disabilities, especially those with additional mental health needs, through evidence-based practice.

## Training workshops

Course	Description	Details
<b>Introduction to the mental health needs of people with learning disabilities</b>	This workshop will provide staff with an understanding of the mental health needs of people with learning disabilities. It will focus on recognising mental health problems, the assessment process and an overview of interventions. It will also explore how to promote the mental health of people with learning disabilities.	<b>Duration</b>
		1 day
		<b>Cost</b>
		£500 per workshop plus expenses
<b>Advanced mental health needs of people with learning disabilities</b>	This event will provide an in-depth look at specific mental health problems, including personality disorder. Participants will gain an understanding of mental health legislation and Care Programme Approach (CPA). Staff will get the opportunity to explore complex case scenarios, applying knowledge gained to practical situations.	<b>Duration</b>
		1 day
		<b>Cost</b>
		£500 per workshop plus expenses
<b>The mental capacity act and people with learning disabilities, for managers</b>	Health and social care professionals are required to adhere to the Mental Capacity Act (2005). This workshop explores the legal requirements in relation to assessing capacity, making best interest decisions and providing care or treatment to people who lack capacity.	<b>Duration</b>
		1 day
		<b>Cost</b>
		£650 per workshop plus expenses
<b>The mental capacity act and people with learning disabilities, for support workers</b>	This workshop explores how people with learning disabilities can be supported to make their own decisions. It will provide information on the process involved when people lack capacity to make particular decisions.	<b>Duration</b>
		1 day
		<b>Cost</b>
		£500 per workshop plus expenses
		<b>Maximum capacity</b>
		20 people per workshop
		<b>Maximum capacity</b>
		20 people per workshop

Course	Description	Details
<b>Risk management and assessment for people with learning disabilities</b>	Taking risks is fundamental to quality of life and people with learning disabilities should be supported to take reasonable risks safely. This workshop will enable staff to contribute to the assessment and management of risk in people with learning disabilities. The participants will explore what risk is, why it is assessed and the importance of taking risks.	<b>Duration</b>
		1 day
		<b>Cost</b>
		£500 per workshop plus expenses
<b>Dementia and people with learning disabilities</b>	This workshop provides participants with an understanding of the mental health needs of older people with learning disabilities, with a particular focus on dementia. The participants will develop awareness of the signs and symptoms of dementia and depression and an understanding of the assessment process. They will also enhance their knowledge of how to provide appropriate support for people with learning disabilities and dementia.	<b>Duration</b>
		1 day
		<b>Cost</b>
		£500 per workshop plus expenses
<b>Challenging behaviour and people with learning disabilities</b>	This workshop will provide an overview of current approaches to supporting people whose behaviour is challenging. Participants will enhance their understanding of the causes of challenging behaviour and the importance of effective communication. This workshop explores the assessment of challenging behaviour and provides an awareness of a variety of interventions available, emphasising the importance of teamwork and consistency.	<b>Duration</b>
		1 day
		<b>Cost</b>
		£500 per workshop plus expenses
<b>Autism and people with learning disabilities</b>	This training event will enable participants to increase their understanding of autism and to gain greater insights into the needs of this group of individuals. The workshop tackles the question: 'what is autism?' and explores the experiences of people with autism and the difficulties they may face. The training will explore the implications of autism on lifestyles, living environments, the provision of services and how to support people with learning disabilities and autism.	<b>Duration</b>
		1 day
		<b>Cost</b>
		£500 per workshop plus expenses
		<b>Maximum capacity</b>
		20 people per workshop
		<b>Maximum capacity</b>
		20 people per workshop