Recognising and supporting the psychological needs of patients and carers.

**6-day Course**

**For all staff and volunteers who work with patients, families and carers.**

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*Delivered by Tracey Clipsham-Hughes MBACP (Snr Accred)*

This is an exciting new Training course developed by Tracey to enhance your existing skills and confidence in recognising and supporting the psychological needs of patients and carers. We will combine Psychological theory with your already existing personal skills to develop your understanding of how distress influences human behaviour~~s~~, will consider how trauma manifests, and discuss how we can use that knowledge to hold patients and carers in their distress in an emotionally safe way.

In addition to developing your psychological knowledge, during the course, we will reflect on the power of using language around illness differently. Our aim is to give you the self- confidence to work with the psychological and emotional needs of patients~~’~~, families and carers within your day to day work, and to support you in acknowledging your own limitations and self-care needs. There will be opportunities to practice these skills in a safe place, and to keep a journal of your learning experience.

Based on Level 2 NICE Guidelines, this will run on the following dates. You must commit to attending all 6 days.

Course 1

23rd May 2025, 30th May, 6th June, 20th June, 27th June and day 6 will be the 21st November 2025

Course 2

17th October, 24th October, 31st October, 7th November, and 14th November 2025 and day 6 will be the 6th February 2026

*If you are a volunteer or an external candidate interested in attending this course please email:* *LPDC@loros.co.uk*

*If you are internal please complete a study leave form as soon as possible. Thank you.*