

RE-THINKING MENTAL HEALTH TRAINING

FORMAT: Online delivery led by Dr Sian Edwards

DURATION: Five and a half hours

AIMS:

- Improve understanding of mental health and the factors that influence it.
- Understand what we mean by a relational approach to mental health and why this is important in the workplace.
- Provide evidence-based information, guidance, and practical tools designed to support people in the workplace.
- Increase confidence around having brave and supportive conversations about mental health.

COURSE SCHEDULE

10:00-10:20: Introduction

- Learning objectives and course overview, participant wellbeing check-in.

10:20-10:50 – What is (and isn't) Mental Health?

- Group task: What is your current understanding of Mental Health?
- Guidance: Defining Mental Health
- Guidance: Mental Health and the Nervous System

10:50-11:15 – Challenges with existing approaches.

- Guidance: Medicalisation and diagnoses
- Discussion: How does the way we understand Mental Health impact how we respond?
- Guidance: Evidence-based models of Mental Health (medicalised approaches, social

determinants, ACEs etc.)

- Discussion: How does the way we understand Mental Health impact how we respond? Why is this important?

11:15 – 11:30 – Break

11:30-12:30 – Taking a different approach to mental health

- Guidance: Understanding trauma and adversity
- Guidance: Understanding ‘symptoms’ and behaviours as a form of communication
- Guidance: Models from Clinical Psychology
- Group task: Examples of lived experience: Understanding stories and making sense of experiences

12:30 -13:00 – Why is all this important to us?

- Video: The power of connection
- Guidance: Connection as an intervention
- Video: Connection and leadership
- Guidance: How to provide key conditions for thriving
- Group reflection: What does this mean for you?

13:00-13:30 – Lunch break

13:30-14:15 - How we can be trusted, safe relationally healthy adults?

- Guidance: What does a trusted, safe and relationally healthy adult look like?
- Guidance: Circle of Security model
- Video: Empathy- Brene Brown
- Guidance: Psychological safety
- Discussion: What does this mean for you?

14:15-14:45 – Avoiding blame and shame

- Video: Brené Brown on blame
- Guidance: The impact of shame on feelings and behaviours
- Skills: Courageous conversations and repairing ruptures

14:45-15:00 – Break**15:00-15:30 – What do you need next? Closing, reflections, and final questions.**

- Task: What do you need next to help you better support the mental health of your workforce/clients/yourself? What are your next steps?
- Guidance: Looking after yourself
- Reflections and questions

REFLECTIVE PRACTICE:

The course includes the opportunity to engage in a 90-minute online reflective practice session (all included within the course fee).

This allows attendees the time to reflect on the course material at a later date after they have had time to process the content and maybe apply some of the learning within their workplace setting. It provides an opportunity to discuss this experience, ask questions, receive feedback and identify areas to potentially develop further.

ABOUT PLATFORM WELLBEING

Platform Wellbeing provides training around mental health, workplace wellbeing support and counselling to organisations and individuals across the UK. We aim to bring a relational and trauma-informed approach to mental health, working with organisations across all areas of the private, public and third sector to build empathy, understanding, and connection.

platformwellbeing.com