Recovery Education Unit present
Guy Shennan
A 2 day workshop on
Solution Focussed Practice

WHO IS THIS FOR
This is a 2 day workshop for people who are interested in developing their specialist skills to offer short term solution focused approaches in practice.
People should be working in a mental health setting (e.g. nurses or social workers) and have direct contact with service users.
Solution focused practice is based on a way of talking with people that leads towards change. It originated in the world of therapy but has long since expanded into all contexts where a practitioner’s job is to help an other. The course will develop an understanding of the principles of solution focused practice and introduce skills to use in practice.

Who Are We?
The Recovery Education Unit is based at Fulwood House in Sheffield and is part of Sheffield Health and Social Care Trust. Our academic team have a wide range of expertise, including lived experience of mental health problems, which we use to develop and provide education which is designed to challenge traditional notions and promote contemporary thinking about mental health practice. We hope to equip people interested in mental health with a framework to enable them to develop the skills, knowledge and attitudes necessary to help people recover and to influence recovery implementation within their area of interest. All our courses are funded by Health Education Yorkshire & Humber (Specialist Skills Development) Please contact us for further information on how to apply.

Guy Shennan is an independent consultant who uses solution focused practice as a counsellor, coach, supervisor and group worker. He also teaches, undertakes research and writes about the solution focused approach. Guy has provided training across a whole range of settings in the UK and internationally, his book, Solution-Focused Practice was published by Palgrave MacMillan in September 2014

WHAT IS INCLUDED
The workshop will:
Introduce the basic principles of the solution focused approach
Provide opportunities to discuss and practice the techniques
Consider applications to the everyday work of course members
Enable course members to bring some of these skills into their everyday practice

Please Contact us for More Information
www.recoveryeducationonline.org