



Quality Training in Psychological Skills for over 20 Years

The Skills Development Service Ltd presents:

Positive Therapy

(Module of the **Certificate in Resource Based Therapies**)



A radical new approach for addressing clients' complex problems by enhancing resources and promoting strengths

Can be taken as an individual one-day course or as a part of a Certificate in Resource Based Therapies (4 days training) approved by the BPS Learning Centre.

I would just like to say how much I have enjoyed SDS courses I have attended in the past.

I was initially quite sceptical and yet I have found Paul to be a genuinely interesting person with lots of relevant experience to share, which he does in a truly inspirational way.

I have left feeling excited about practising the new skills and ideas I have learnt.
J.L.G.

During this course you will discover an evidence based approach to positive therapy - invaluable in a range of therapeutic, social care and educational environments across the age span

About this course:

This course covers all essential components of effective use of positive psychology approach in helping clients. In brief it will explore:

The history and evidence base of positive psychology and its practical application.

The limitations of pathology-based therapies.

The ways to enhance "client wellbeing" through "Teaching Happiness" with a wide range of client groups from children to offenders.

Identifying and enhancing client strengths. "Signature Strengths" and how they might be identified and used in working with clients. The relationship between strengths and problematic behaviour. Techniques for developing key strengths in order to overcome obstacles and set backs.

Environmental interventions and their impact on pro-social behaviour and positive mood. Practical implications and uses.

The development of resilience, perseverance, gratitude and forgiveness: their impact on motivation and mood

The relationship between altruistic behaviour and psychological wellbeing.

During this course you will learn:

How to become optimistic and resource led with your clients even if you were trained to be needs led or pathology focused.

How to overcome client resistance to change by bypassing deficits

Discuss how to incorporate positive therapy into your existing practice to make it more effective

7 December 2011
20 February 2012
12 June 2012

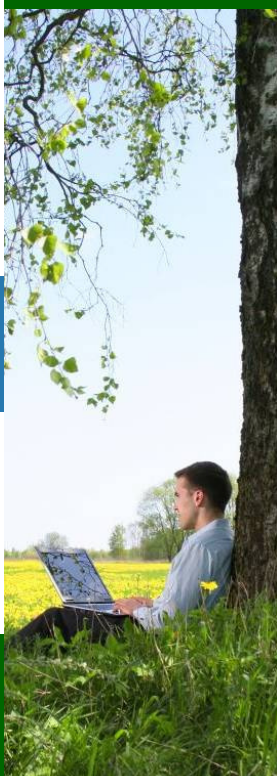
London
Manchester
London

FREE CD-ROM for each delegate

With PowerPoint presentation handouts, reading & reference lists, photocopiable worksheets, checklists, and forms to use immediately with your clients.



www.skillsdevelopment.co.uk





Course tutor: Paul Grantham, B.A. (Oxon), M.Sc, M.Clin.Psychol., BABCP (Accred), is a clinical psychologist with vast clinical and training experience. Having originally taken a degree in history at Oxford University, Paul chose to make Psychology his professional career and took an MSc degree in Psychology at Sussex University followed by training as a Clinical Psychologist at Liverpool University. He has worked extensively within the NHS for many years as a clinical psychologist including primary care, mental health, forensic, substance misuse and physical health and has trained staff in health care, social services, local government and education around the UK and abroad. Paul has a particular interest in clients' motivation for change, resistance and reasons of why people do NOT change. He currently focuses on the practical applications of resource based therapies. He has presented and written on a range of psychological issues.

Paul is registered with the HPC, an Associate of The RSM and is an Accredited CBT Therapist. An extremely informed, clinically experienced and humorous speaker he is known as one of the most popular and inspirational tutors in the field of psychological skills training.

Booking Conditions

Booking constitutes a contract.

Course fee

- **Early Bird and Online Booking Price: £115 + VAT (£138)** per delegate to include refreshments and course materials (This discount is valid within 1 month prior to event or for ALL credit card online bookings).
- **Regular Price: £140 + VAT (£168).**
- **Block bookings:** Save over £100 when booking all 4 modules of the Certificate – for details visit www.skillsdevelopment.co.uk/rbt.html

How to book

- Telephone: 0870 241 7294 giving credit card details.
- Web: Use our secure server on www.skillsdevelopment.co.uk giving credit card details.
- By Post: Detach the booking form below (photocopies acceptable) and either:
 - Send with a cheque made payable to The Skills Development Service Ltd to:
SDS Ltd., P.O. Box 254, UCKFIELD, TN22 9BN
 - Send OR Fax: 0870 199 1838 with LETTER OF AUTHORISATION or purchase order from your employer showing name & address to send invoice to.
- No provisional bookings taken.

Cancellations

- Cancellation in **writing** up to 14 days prior to the course leads to a refund minus a £15+VAT admin fee (or a full credit note for a future course – optional).
- Cancellation in **writing** up to 7 days prior to the course leads to a credit for a future course minus a £15+VAT admin fee.
- Cancellations less than 7 days before the event or failure to attend on the day will leave the individual who is invoiced fully liable for payment. No refund will be made in such instances either. We recommend insurance is taken out to cover such eventualities.
- SDS reserves the right to substitute trainers and/or move venues or postpone and reschedule courses in exceptional circumstances. If you are unable to attend the rescheduled event you will be given a full credit for a future seminar.

To change delegates or locations: Delegates may be substituted at any stage prior to the course as long as SDS Ltd are notified beforehand. We will also change locations if the newly preferred venue is not already full.

Visit our website WWW.SKILLSDEVELOPMENT.CO.UK for further information on this and other courses, to book your place or to check availability - **Updated daily!**

----- Booking Form -----

Positive Therapy

Code: NAM

COURSE DATE _____ **COURSE LOCATION** _____

DELEGATE NAME _____

JOB TITLE _____

ADDRESS _____

POST CODE _____

TEL No: _____ **FAX No:** _____

E-MAIL: _____

Please check your e-mail address carefully – your CONFIRMATION LETTER will be e-mailed to you to this address!

The Skills Development Service Ltd, P.O. Box 254, UCKFIELD, TN22 9BN
Tel: 0870 241 7294 Fax: 0870 199 1838 e-mail: info@skillsdevelopment.co.uk
www.skillsdevelopment.co.uk