

The Skills Development Service Ltd presents  
a one day training course:

# Positive Therapy

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

## What will the delegates take away from the course?

- Discover a new evidence based approach to helping clients to change
- Discover behaviour and activities proven to increase happiness and wellbeing
- Invaluable for working with clients who do not think they have problems or who are highly resistant in addressing their problems
- Explore the research identifying the 3 key factors that promote wellbeing and their practical implications
- Extend your resource based approach to include discovering and using clients' positive personality characteristics
- Explore how "altruistic behaviour" and gratitude exercises can be used to help clients overcome their difficulties
- Discover what environment produces higher wellbeing than any other (independent of culture, ethnicity, age and gender) and how you can use it

## How would you deal with the following ?

- A depressed 34 yr old woman who self harms and continually focuses on her "damaged history".
- A couple in their 40s being seen for psycho-sexual issues who reveal that they can see little to respect in each other.
- A 16 yr old young woman with OCD who claims she has never "fitted in"

**This day will give you ideas on how to approach these and many other difficult cases in new and constructive ways**

- **FREE CD-ROM** included containing presentation, guided reading list, evidence-based reference list, further resources and **COPIABLE WORKSHEETS**, checklists and forms to use immediately with your clients.
- Certificate of Attendance. Suitable for CPD and PREP.
- Video demonstrations of techniques
- Lots of opportunities for raising questions and discussion with tutor and colleagues
- Post-seminar case support and consultancy available

Available for In-house Training

Book now and take advantage of our unique **SPECIAL OFFER**

see overleaf for details

# Positive Therapy

## Course Outline:

**09.30 Registration** (All times may vary depending on arrangements of your organisation)

### **10.00 Introduction**

The history and evidence base of positive psychology and its practical application. Similarities and differences between positive therapy (PT) and other resource based therapies (RBT), i.e. BSFT & MI as well as other therapeutic techniques (CBT, Rogerian approaches etc). The limitations of pathology-based therapies.

### **10.30 Enhancing “client wellbeing”**

“Teaching happiness” and its use with a range of client groups from children to offenders. The relationship between well-being and the reduction in “problematic behaviour”

### **11.15 Refreshments Break**

### **11.30 Identifying and enhancing client strengths**

“Signature Strengths” and how they might be identified and used in working with clients. The relationship with strengths and problematic behaviour. Video and Exercise

### **13.00 Lunch Break**

### **14.00 Developing gratitude and forgiveness : its impact on motivation and mood**

Their value and impact on both mood and the ability to “let go”

### **14.45 The development of resilience and perseverance**

Techniques for developing key strengths in order to overcome obstacles and set backs.

### **15.15 Refreshments Break**

### **15.30 Non-verbal interventions**

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

### **16.20 Plenary and final questions**

### **16.30 Finish**

## SDS In-House Training

## How to Book



- Call us on 0870 241 7294 or e-mail us on [info@skillsdevelopment.co.uk](mailto:info@skillsdevelopment.co.uk) briefly outlining your needs and providing us with your full address and contact telephone number.
- A written quotation, booking conditions and an outline of the proposed training will be sent to you within 48 hours.
- If the topic you are interested in is not on our list, one of our training consultants will get back to you within the next two or three days to discuss your requirements.
- Please recognise that because of high demand, forward planning of between three and twelve months is often required. So please book your in-house training in advance and we will do everything possible to accommodate your needs.

## Special Offer only for In-House Customers

- With every in-house day you have with us – we will issue a voucher enabling one person from your organization to attend one of our seminars completely **FREE**.
- You receive this voucher immediately after your in-house training day will have taken place.
- This is a unique opportunity for your staff to try our new topics totally free and for your organization to get “first hands” feedback on our new courses.



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