



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

Building Clients' Self-Esteem



A practical one day seminar on a NEW therapeutic approach to self-esteem



What will the delegates take away from the course?

- How to improve self esteem in very damaged clients
- Numerous worksheets and checklists to use with your clients to build their self esteem
- A demonstration of three specific cognitive techniques to build self esteem
- Learn which problems are due to clients' self esteem being too high !....and its implications for practice
- Building self esteem using non-verbal interventions
- Find out how to make goal setting work with clients more effective
- Why positive feedback does not always build self esteemand what to do to change it
- Identify when to build clients' self esteem by helping them to think more positively and when not to !
- Help clients to build and use their social support networks to build their self esteem



How would you deal with the following ?

- Joanne (47 yrs) has a long history of contact with services involving numerous different diagnoses. Whenever she is worked with she makes good progress. Every time you point this out to her however, she just shrugs it off and says " So what?". Why hasn't her self-esteem been affected by her progress and what would you do about it?
- Mary (86 yrs) suffers from early stages Alzheimer's disease. What key issues would you assess in ensuring you are as effective as possible in maintaining her self-esteem?

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



Building Clients' Self-Esteem

Course Outline:

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

10.00 What exactly is self esteem (SE) and what role does it play in peoples problems.

The evidence base for low SE as a causal factor. How addressing low SE can have an impact on underlying problems. Unhelpful high SE. Areas where it contributes to problem formation. Cultural attitudes towards SE. The efficacy/self worth distinction and its practical implications. How we maybe trying to build clients' SE in the wrong way. Gender differences and its implications for SE building work.

11.15 Refreshments Break

11.30 What leads people to develop healthy high self esteem and how can we use it to help our clients

12.00 Five key sources of self esteem and how to decide on which you need to focus on with your clients:

Self Efficacy, Positive Cognitions, Self Nurturing, Support & Help, & The Use Of Feedback

12.30 Developing Clients' Self Efficacy

The use of positive role models in helping clients. Problem solving skills as a protective technique for clients. Goal setting and SE. Why goal setting often doesn't work and how it can be made more effective. Increasing clients' ability to influence and the role of assertiveness training.

13.00 Lunch break

14.00 Positive Cognitions

The role of negative thinking in low SE. The role of CBT in raising SE. A protocol for assessing your clients' negative beliefs and thinking. Demonstration of three simple cognitive techniques for raising clients' SE.

14.50 Raising Self Esteem Through Self Nurturing

Body maintenance vs. body enhancement as methods of raising SE. Case examples. The role of raising activity levels to enhance SE.

15.15 Refreshments Break

15.30 Social Support & Self Esteem

The role of the accepting relationships. Techniques for enlarging clients' social networks. How low SE prevents clients perceiving current sources of social support and how to address this. Techniques to enable clients to use their existing social networks more effectively.

16.00 The use of feedback to enhance clients self esteem

Feedback and unhelpful high SE. Understanding what feedback really is and how to make it more effective with clients as a result.

16.30 Finish

SDS In-House Training

How to Book



- Call us on 0870241 7294 or e-mail us on 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.



Skills
Development
Service Ltd

