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| **Day One** | **Day Two** | **Day Three** |
| Introductions and contracting. | Checking in | A recapping quiz |
| What is personality? | Unconscious Iceberg – experience shaping actions | Communicating needs without words |
| Trauma Informed Language | Internal working models | Gibbs model of reflection |
| Diagnostic V Formulation | Schemas (18 ‘maladaptive’ Geoffrey Young) | Driscoll’s what, so what, now what? |
| Power Threat Meaning Framework | Seeing schemas in action (staff and clients) | Gilberts Circles of Affect |
| Bio-Psycho-Social Models | What do we mean by triggering? | Importance of team working |
| Considering impact of past on present | Flight/Fight/Freeze/Fawn | Setting team values |
| Common Features of Complex Emotional Needs | Responding to dissociation in the room | Exploring ‘splitting’, ‘boundaries’ and ‘acting out’ |
| Attachment Theory | Self Injury | The Boundary See-Saw |
| What is psychological trauma? | Risk escalators | NICE Guidance |
| A look at Adverse Childhood Experiences | Responding to people who are suicidal | Why we are reluctant to recommend admission |
| What is Trauma Informed Practice? | Formulation – 5p’s | The Mental Health Act in respect of CEN |
| Everyday hero – how you can help. | Containment & Attunement, Rupture & Repair | Looking at a healthy v unhealthy organisational culture |
| Responding to emotional dysregulation | De-escalation | Self Care & Parallel processes |
| Using reflective space | How organisations can be containing | What helps at times of crisis |
|  | Window of Tolerance | Containment Attunement Validation & Empathy |
|  | Supporting workers (self care, supervision, reflection) | Set Communication & Two Experts approach |
|  |  | Top tips! |
| Lived Experience Video – The upside of complex emotional needs. | Lived Experience Video – People and things that have helped. | Lived Experience Video – Recovery happens! |
| Group Reflective Space | Group Reflective Space | Group Reflective Space |

**KUF Knowledge and Understanding Framework Gloucestershire**

Multi agency awareness training for working effectively with people who experience complex emotional needs

and may at times present with life threatening distress.

Co-produced and Co-delivered with experts by lived experience.

**Variety of training materials used, powerpoint, large and small group activities, videos, case studies, activities.**

**12 Month access to online learning materials provided centrally by the KUFHUB**