

OSMHN Newsletter 17 (March 2010)

Welcome to Issue 17 of the OSMHN Newsletter. We are now taking bookings for our next OSMHN workshop on Risk, Confidentiality and Disclosure on Friday 23rd April. This workshop is invaluable for staff wishing to learn more about dealing with issues of risk, confidentiality and disclosure in relation to students with mental health problems. It will be informative, practical and interactive with case studies and a Question Time format to a panel of experts. We are taking bookings now so please apply early as there are a limited number of places.

If you have something that you would like to share with the network for example, a group, workshop or training course that you have either attended or run please let us know about it. Or you may have come across a mental health issue which you think needs addressing in Higher Education or Further Education - some practice or policy - that you think may have a positive or negative impact on the mental health of students. If there are issues you would like to know more about and would like to see articles or workshops on please also let us know.

Email: osmhn@brookes.ac.uk with your contributions.

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Oxford Student Mental Health Network
MANAGING RISK, CONFIDENTIALITY AND
DISCLOSURE

Friday 23rd April

11.45 - 4.30

Oxford Brookes University

Board room 1 & 2 Gipsy Lane Campus

Aims of the workshop

- Knowing what to do when you feel concerned about a student who may have, or be developing, a mental health problem. This may be a concern that a student poses a risk to themselves or to others or that they are becoming unwell.
- Knowing when, what and to whom to disclose these concerns, either internally within your own university/college, e.g. Counselling & Advisory Service or to external agencies, e.g. the GP, Crisis Team.
- Understanding these dilemmas in the context of relevant legislation and policy such as, the Disability Discrimination Act 1995 Part 4, the Disability Act 2005 and the Data Protection Act on disclosure and confidentiality in relation to mental health
- To look at conflicts between a student's right to confidentiality and a university/college's duty of care

Who will facilitate the workshop?

Christine Rose provides consultancy support and training to universities and colleges and is a registered trainer for MIND. She is the author of a range of publications, including national guidance on disclosure, passing on of information and confidentiality. Christine has experience of teaching students with mental health difficulties in mainstream provision.

The workshop will include:

- A panel of professionals discussing complex case studies and a Question Time format with opportunities to ask the panel questions
- Small group work looking at case studies
- Handouts of relevant legislation/policy
- Beginning to generate a guidance document/flowchart offering practical advice on knowing when to breach confidentiality in the case of a risk which will be published on the OSMHN website.

MANAGING RISK, CONFIDENTIALITY AND DISCLOSURE

1. Please complete application form and return to osmhn@brookes.ac.uk or Gill Shreir, Counselling and Advisory Centre, Headington Campus, Headington Hill, Oxford, OX3 OBP
2. Please send your cheque for £45.00 made payable to 'Oxford Brookes University' to Gill Shreir at above address ensuring that you write your name and organisation on the back of the cheque.
3. To make a payment directly into Oxford Brookes Bank Account through a bank transfer please ensure that **your name and details of payment e.g. OSMHN (PJAU ABZW) are clearly marked.**
Account: Oxford Brookes University Direct Remittance Account
Account Number: 60723770
Sort Code: 20-65-18
4. Bank Address: Barclays Bank Plc, PO Box 333, Oxford, OX1 3HS.
On receipt of payment your place will be definite.

Name:

Role:

Organisation/University/College

Address

Telephone Numbers, including mobile phone number

Email address

Any particular requirements

Dietary Requirements

Please note that lunch is from 11.45 - 12.30

What you would like to get from the workshop:

2. Training and Workshops

Information about courses is provided as a service. OSMHN is not involved in the running or the quality assessment of the courses included in the newsletter.

Dealing with Difficult People Workshop

On Thursday 18th March 2010 - 9.30am to 4.00pm
at St. Anthony of Padua Community Hall
115 Headley Way, Oxford

Provided by Relate, Oxfordshire

Dealing with difficult people can affect us in many ways - our work, our relationships, our health and our ability to get what we want from life. But we can learn how to deal with challenging behavior both assertively and sensitively.

Recognising, understanding and responding effectively to the different types of behaviour can be invaluable, not only in our professional lives but also in our personal relationships. The result is satisfied customers, less stress, more confidence, a more skilled workforce and healthier relationships all round.

Run by experienced Relate trainers, the workshop will help participants develop a new perspective and provide them with new skills and techniques so that they feel more confident when dealing with difficult people.

The workshop will help participants:

- Understand types of challenging behavior
- Develop a personal awareness and understand why they find certain behaviours challenging
- Manage challenging behaviours assertively and sensitively

The workshop is participative and appeals to all learning styles. Course members have the opportunity to develop their learning skills and to plan future development.

Apply early, numbers are limited. Cost £95. For further information or a booking form contact Maureen or Mandy at:

Relate Oxfordshire, 33 Iffley Road, Oxford, OX4 1EA.

Tel (01865) 242960

Email: Training@relate-oxfordshire.org

BEAT

Essential eating disorders training for you and your staff - book by Wednesday 31st March 2010 and get 10% off

The UK's leading eating disorders charity beat have developed tailored training courses for professionals who need to learn more about eating disorders.

Understanding Eating Disorders: Prevention, Detection & Support is a 1-day course for those who need to learn more about eating disorders - either to prevent them, or to support those affected by them. The course has previously been delivered to teachers, school nurses, support staff, housemistresses and many more. Content can be tailored to meet the needs of your team - for more information on the

course please visit the beat website <http://www.b-eat.co.uk/TrainingServices>

The impact of eating disorders can carry a very high emotional and financial toll for individuals, families and health care providers. Beat training focuses on helping professionals to increase their understanding of eating disorders and ability to implement effective support strategies.

Our vital training courses can be delivered for up to 30 people, at a time at a location convenient to you, by our expert Associate Trainers. Training fees include trainer expenses, handouts, beat literature and certificates of attendance. For a limited time only, Understanding Eating Disorders: Prevention, Detection & Support 1-day course is available to book for £1,350 (normal price £1,500) before 31st March 2010.

As the only UK-wide charity providing support for people affected by eating disorders, Beat's expertise has been formed by over 21 years of direct consultation and research from both user and professional perspectives.

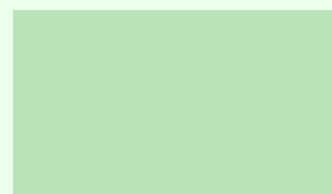
To discuss how you can benefit from beat training services, please do not hesitate to contact the Training Team on 01603 753321 or email training@b-eat.co.uk.

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3. Continuing Professional Development

CBT Workshop at the Oxford Cognitive Therapy Centre

We are running a one-day workshop on



'10 minute CBT', designed to introduce busy health professionals to a simple, effective method of applying CBT as a brief intervention within their routine, day-to-day working patterns. It can be used with clients who are difficult to motivate or who have both emotional and physical difficulties.

The workshop is led by Debbie Brewin, an experienced trainer who is an Occupational Therapist as well as a CBT Therapist.

Date: 19 May, 2010

Venue: McInnes Room, Warneford Hospital, Oxford

Cost: £125 (including tea and coffee, but not lunch)

For further information & booking, see the OCTC website at

<http://www.octc.co.uk/content.asp?PageID=561> or

contact OCTC on 01865 738 816;

Email octc@obmh.nhs.uk

Oxford Cognitive Therapy Centre
Warneford Hospital
Oxford

01865 738 816



10 Minute CBT

Our new programme for 2010!

Our new 2010 workshop programme <<http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=17&F=H>> has now been finalised, with training taking place in locations across the UK.

More news for 2010 is that we have reduced the price of our one-day workshops! Our earlybird discount fees are now only £180. Remember to book early (at least 6 weeks prior to the workshop) to receive this price reduction.

We are also pleased to introduce a new discount rate for GP Registrars and Nurses of only £150.

You can download a workshop booking form here <<http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=18&F=H>>.

Dates for your diary:

2009 workshops

***MANCHESTER**

/2 Dec 09/* Introduction to 10 Minute CBT

<<http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=20&F=H>>_
Depression and Anxiety

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***2010 workshops**

LONDON

/11 Feb 2010/* Introduction to 10 Minute CBT: Depression &

Anxiety

<<http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=20&F=H>>

* /9 March 2010 / *Heartsink, Health Anxiety & Somatization

<[http://10minutecbt-](http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=24&F=H)

[newsletter.co.uk/mailer/link.php?M=12848&N=15&L=24&F=H](http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=24&F=H)>

* /25-26 March 2010 / * Condition Management & Rehabilitation
(2-day workshop)

<[http://10minutecbt-](http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=23&F=H)

[newsletter.co.uk/mailer/link.php?M=12848&N=15&L=23&F=H](http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=23&F=H)>

* /7 April 2010 / * Introduction to 10 Minute CBT: Depression &
Anxiety

<[http://10minutecbt-](http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=20&F=H)

[newsletter.co.uk/mailer/link.php?M=12848&N=15&L=20&F=H](http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=20&F=H)>

* /18 May 2010 / * Introduction to CBT for Physical illness,

Long-term Conditions and Pain <[http://10minutecbt-](http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=21&F=H)

[newsletter.co.uk/mailer/link.php?M=12848&N=15&L=21&F=H](http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=21&F=H)>

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/17 Nov 2010 / * _Promoting Positive change and Emotional
Resilience_

<[http://10minutecbt-](http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=22&F=H)

[newsletter.co.uk/mailer/link.php?M=12848&N=15&L=22&F=H](http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=22&F=H)>

BIRMINGHAM

* /26 May 2010 / * Introduction to 10 Minute CBT: Depression &
Anxiety <[http://10minutecbt-](http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=20&F=H)

[newsletter.co.uk/mailer/link.php?M=12848&N=15&L=20&F=H](http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=20&F=H)>

*EDINBURGH

/9 June 2010 / * Introduction to 10 Minute CBT: Depression &
Anxiety <[http://10minutecbt-](http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=20&F=H)

[newsletter.co.uk/mailer/link.php?M=12848&N=15&L=20&F=H](http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=20&F=H)>

*MANCHESTER

/14 Oct 2010 / * Introduction to 10 Minute CBT: Depression &

Anxiety <<http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=20&F=H>>

BRISTOL

***/9 Nov 2010/* Introduction to 10 Minute CBT: Depression & Anxiety** <<http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=20&F=H>>

Training for organisations

Don't forget that we are also able to provide flexible, tailored training and workshops <<http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=25&F=H>> that can be adapted to meet the learning needs of a wide variety of organisations and educational groups. Why not contact us <<http://10minutecbt-newsletter.co.uk/mailer/link.php?M=12848&N=15&L=6&F=H>> for more details?

The 10 Minute CBT Training Group

One minute CBT 'bites

Keeping a 'positives' diary

If a patient has low self-esteem or lacks confidence, try asking them to make a list of things that they, or other people, like about themselves, including positive qualities, achievements and things that they are good at.

The list should include achievements that occur on a daily basis (e.g. successfully organising the family day), and qualities that are frequently overlooked (e.g. being kind, honest and reliable).

Encourage the patient to update the list on a daily basis to

keep their focus on the positives instead of remembering only negatives and criticisms.

10 Minute CBT Contact Details

Tel: 0845 094 8599

Email: office@10minuteCBT.co.uk

<<mailto:office@10minuteCBT.co.uk>>

Registered Office Address: Devonshire Business Centre,
Works Road, Letchworth, Herts, SG6 1GJ

TRAINING COURSES ON EFFECTIVE TRAINING SKILLS

- Effective Training Skills - Train the Trainer
- Facilitation Skills
- Mediation & Negotiation Strategies
- Leadership & Supervisory Skills
- Team Building & Group Dynamics
- Marketing & Customer Service Strategies
- Perfect Podcasts
- Video Podcast Production Techniques
- Writing for the Web
- Creative & Professional Writing Skills
- Writing Press Releases
- Media Relations - tv, radio & print
- Media Strategies & Campaigns
- Advanced Media Strategies
- Crisis Communication & Media Management Strategies
- Emergency Call Handling
- Public Speaking & PowerPoint Presentations
- Presentation & Communication Skills

- Advanced Presentation Skills

CONSULTANCY SERVICES

We offer a range of consultancy services at extremely competitive rates. We have worked with many of our clients offering them a personal service in the areas of facilitation, dealing with the media, chairing conferences, conducting training needs analysis and assessing media skills of job candidates, and would be happy to provide you with a quote, if you think that we can be of assistance.

COSTS

External Training Courses - all delegates receive our lowest rate, £99 p.p., before any discount is applied, if payment is received by debit/credit card at the time of booking. We think you'll agree that this represents a substantial saving on the 'book & pay later' rate of £129 p.p.

In-house/On-site Training Courses - we deliver all of our workshops in-house/on-site, if you have a group of up to 12 colleagues requiring training and you want to save on travel and accommodation costs. You will pay only £999 if you pay at the time of booking or, £1,299 if you elect to pay up to 14 days after the delivery date.

Please note that all costs are subject to VAT at the prevailing rate.

BOOKINGS

Bookings can be made by email to bookings@trainingdevelopment.biz, by telephone on 01584 890970, or by fax to 01584 890810.

TIMES

All of our workshops run from 10am-4.30pm.

VENUES

All of our venues are centrally located, and no more than a 10 minute walk from the major city rail station.

Sales & Marketing Team, ACM Training, Crosshands, Coreley,
Ludlow, Shropshire SY8 3AR, UK, T: +44 1584 890970, F: +44
1584 890810

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4. Resources for Students

Relate: Life After the Break

An eight-week course for people coming to terms with the ending of a relationship

The end of a relationship or marriage can be a difficult and painful experience. It can leave you feeling confused, lonely and lacking in confidence in yourself and the future. Feelings of betrayal, guilt or rejection are common. Anger, sadness and confusion are often intense. Moving forward can be hard when trust, self-confidence and self-esteem have been shaken.

In these eight weekly sessions we look at how relationships work and why they sometimes go wrong. We consider ways of managing our own needs as well as those of family and friends, and of increasing the skills and confidence needed to build new relationships in the future. You will meet men and women in similar situations, have the chance to share experiences in a confidential group and make new friends.

Course aims

To help people understand and deal with the emotions and feelings they are experiencing.

To increase understanding of how and why relationships begin and why they sometimes end.

To help develop confidence and a better foundation for forming and sustaining future relationships.
To provide an opportunity for people working through similar experiences to share and learn together.

Date and venue

Relate Oxfordshire will be running an eight-week course on Thursday evenings starting on 22nd April 2010, at our offices at 33 Iffley Road, Oxford. The sessions will commence at 7pm each evening and will finish at 9pm. There will be a short break when tea and coffee and biscuits will be provided.

Cost

The cost of the course is £135 for the eight sessions and this fee is payable when reserving a place on the course. We have a small number of places at reduced cost for those people who would benefit from the course but are unable to afford the full fee. Please telephone for details.

To make a booking

If you would like a chance to discuss the course further, please telephone Mandy Blair or Maureen Buy at Relate on Oxford 242960.

If you would like to reserve a place on this course, please complete the attached booking form and return it to:

Relate Oxfordshire 33 Iffley Road Oxford OX4 1EA

BOOKING FORM

I wish to apply for a place on the Life After the Break course.

Course details

Course date

Venue

Your details

Surname

First name

Title

Address

.....

Telephone

Email

It would be helpful if you could tell us how or where you heard about the course.

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Payment

* I enclose a cheque for £135 made payable to Relate Oxfordshire.

* I would like to apply for a place at a reduced fee.

[* Delete as applicable.]

Cancellation Fee

Cancellation with more than 28 days notice....Full refund

Cancellation between 14 and 28 days notice....50% of the fee
Cancellation less than 14 days notice.... 100% of the fee

Signed

Date

Registered Charity Number 1071567

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OSMHN is unable to offer direct support or advice to students, but aims to collaborate with those organisations and services that are involved in supporting students with mental health problems. OSMHN is currently staffed by a part-time Coordinator, Gill Shreir, one day a week who can be contacted at:

OSMHN
Gill Shreir
Student Services
Oxford Brookes University
Headington Campus
Headington Hill
Oxford
OX3 0BP
E-mail osmhn@brookes.ac.uk
<http://www.osmhn.org.uk/>
Messages can be left on 01865 484650

