



TRAINING AND DEVELOPMENT

We provide a range of services aimed at assisting colleagues and health professionals in developing their clinical skills. Some of our clinicians are experienced trainers and clinical supervisors with expertise gained from teaching and training extensively in both academic and professional settings. We have provided training courses at post graduate university level to groups in professional degree training including psychologists, psychotherapists and medical practitioners. We have also provided clinical skills training to health and mental health organisations in areas such as Cognitive Behavioural Therapy techniques and strategies. We provide active clinical supervision to a range of mental health practitioners within the private sector and the NHS. Our Cognitive Behavioural Therapy teaching programme is accredited with the Faculty of Occupational Medicine.

Examples of recent training courses provided include:

■ **Stress Management for Managers**

A two hour course for managers at a Kent based uniformed service.

■ **Health, Stress and Coping in the Workplace**

An introduction to strategies for coping with work stress, provided to employees of a Kent based pharmaceutical corporation.

■ **Critical Incident Response Training**

A two day training programme for the Critical Incident Support Team of a division of a Kent based uniformed service.

■ **Cognitive Behavioural Therapy in Substance Misuse**

A one week course provided to Kent Counselling for Addiction (KCA).

■ **Introduction to Cognitive Behavioural Therapy**

A one week course for mental health practitioners.

We have developed a number of courses aimed at enhancing the coping skills of individuals in the workplace reflecting stress management techniques, assertiveness skills training and interpersonal management strategies. As members of our professional bodies, clinicians at Psicon are obliged to undertake Continued Professional Development as a means of keeping abreast with clinical and professional developments within clinical psychology, psychiatry and the related professions. Clinicians also submit to regular and ongoing clinical supervision as a means of ensuring that high standards of practice and skill delivery are maintained. We hope to actively promote this attitude and approach to colleagues in health professions through our own provision of training and supervision.

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