

These one day and four day training programmes are being offered to health and social care professionals and their partner agencies, as part of the implementation of the Integrated Family Support Services in Mid and West Wales.

### Workshop Aims:

At the end of the courses the participants will:

#### Module 1 – Motivation Interviewing

- Understand the concept of intrinsic and external motivation
- Explore the theoretical evidence for how people change behaviour
- Practice the skills proven to enhance motivation and assist people through change

#### Module 2 – “How to have the What Matters Conversation” – Encouraging Positive Engagement

- Road blocks to having the What Matters Conversation
- Understanding discord and how it impacts on behaviour change
- Recognise discord in service users
- Practice strategies to reduce it

#### Module 3 – Creating Measurable Outcomes

- Negotiating goals from the outset
- Consider the process of change & where goal setting fits in
- Explore families preferred futures
- Consider SMART goals
- Consider how to maintain a consistent approach to outcomes

#### Module 4 - Building Stronger Families: Working with Substance Misuse in Families

- Exploring the role of substances in our lives.
- Exploring the impact of substances on the lives of children and their families.
- Exploring effective approaches to families with drug & alcohol related issues.
- Sharing information about individual substances & their effects.
- Sharing information about substance misuse services & their roles.

#### 4 Day Programme – IFSS Family Focussed Intervention

- Describe the philosophy and the underpinning knowledge
- Demonstrate skills and strategies implicit to the model
- Share a collective view of the process from beginning to end

### Who should attend:

Professional and operational staff who are active core group members with a responsibility for contributing to Child Protection plans.

### Timings:

The session will start promptly at 9.30am and will close at 4.30pm. Although refreshments will be available throughout the day, lunch will not be provided.

### Cost:

Please note that this is a **FREE EVENT** provided by the Mid and West Wales Regional IFSS Consortium. **Places are limited to a maximum of 15 per workshop** and are likely to be oversubscribed; therefore your commitment to attending once a place has been secured is essential and will be subject to approval from your Head of Service/Manager.

Please return the completed booking form detailed below as soon as possible by e-mail To [Patricia.Hunt3@ceredigion.gov.uk](mailto:Patricia.Hunt3@ceredigion.gov.uk) as places are limited.

**MID AND WEST WALES IFSS CONSORTIUM**  
*Building Stronger Families: Through Integrated  
 Family Support Service*

**BOOKING FORM**

**Name:** ..... **Organisation:** .....

**Position:** ..... **Contact Number:** .....

**Contact Email Address:** .....

**Name of Line Manager (for approval):** .....

**Contact email address of Line Manager:** .....

Please tick to confirm which workshop you would like to attend:

<b>Module 1 - Motivation Interviewing</b>		<b>X</b>
Thursday 8 <sup>th</sup> June 2017	Room 6, Canolfan Rheidol, Aberystwyth, Ceredigion	
Monday 11 <sup>th</sup> September 2017	Morfa Infants School, Llanelli, Carmarthenshire	
Wednesday 11 <sup>th</sup> October 2017	Antwr Gwy, Builth Wells, Powys	
Thursday 25 <sup>th</sup> January 2018	Pembrokeshire Archives, Haverfordwest, Pembs	

<b>Module 2 –“How to have the What Matters Conversation” – Encouraging Positive Engagement</b>		<b>X</b>
Friday 16 <sup>th</sup> June 2017	Pembrokeshire Archives, Haverfordwest, Pembs	
Wednesday 27 <sup>th</sup> September 2017	Room 5, Canolfan Rheidol, Aberystwyth, Ceredigion	
Friday 20 <sup>th</sup> October 2017	Morfa Infants School, Llanelli, Carmarthenshire	
Monday 5 <sup>th</sup> February 2018	Antwr Gwy, Builth Wells, Powys	

<b>Module 3 – Creating Measurable Outcomes</b>		<b>X</b>
Monday 10 <sup>th</sup> July 2017	Royal Welsh Showground, Builth Wells, Powys	
Thursday 12 <sup>th</sup> October 2017	Pembrokeshire Archives, Haverfordwest, Pembs	
Friday 12 <sup>th</sup> January 2018	Morfa Infants School, Llanelli, Carmarthenshire	
Tuesday 6 <sup>th</sup> March 2018	Penmorfa, Aberaeron, Ceredigion	

<b>Module 4 – Building Stronger Families: Working with Substance Misuse in Families</b>		<b>X</b>
Friday 7 <sup>th</sup> July 2017	Room 5, Canolfan Rheidol, Aberystwyth, Ceredigion	
Tuesday 5 <sup>th</sup> September 2017	Antwr Gwy, Builth Wells, Powys	
Friday 22 <sup>nd</sup> September 2017	Morfa Infants School, Llanelli, Carmarthenshire	
Wednesday 21 <sup>st</sup> March 2018	Pembrokeshire Archives, Haverfordwest, Pembs	

<b>Four Day Programme – IFSS Family Focussed Intervention</b>		<b>X</b>
Tuesday 27 <sup>th</sup> June to Friday 30 <sup>th</sup> June 2017	Canolfan Hermon, Hermon, Glogue, Pembrokeshire, SA36 0DT	
Monday 20 <sup>th</sup> November to Thursday 23 <sup>rd</sup> November 2017	Antwr Gwy, Builth Wells, Powys	
Monday 5 <sup>th</sup> February to Thursday 8 <sup>th</sup> February 2017	Morfa Infants School, Llanelli, Carmarthenshire	

**Please state any special requirements:**