



SUPPORT TRAINING AND RECOVERY SYSTEMS

Newsletter - April 2018

High Wycombe Therapeutic Community

Since January 2018, STARS have been involved in the developing and re-structuring of the soon-to- be-reopened High Wycombe Therapeutic Community (TC).

This has involved 2 members permanently attending the High Wycombe weekly Emotional Skills Group (ESG) where they have got to know the members of the community and have become established members of staff.

Since March 2018, a smaller group has been meeting with the staff team after the ESG with selected members from this group, called the Median Group. They are meeting weekly for 2 ½ hours and are working out the logistics of how the new TC will operate when it opens on the 14th May 2018. It is an exciting project and STARS are thrilled to be involved in this venture.

Neelam

I loved the tips (on keeping boundaries) - practical skills for frontline workers. Examples of splitting etc. I loved having the STARS there - it enriched the session so much and I learnt so much.

Student Feedback
Personality Disorder
Training

Video Group

Over the past year we have managed to make several training videos on topics ranging from Managing Difficult Interactions, Boundaries, Staff splitting and Self Harm.

We are continuing to make different videos for different training. We have actors/actresses camera men/women and people behind the scenes getting information and writing about our next project. The videos that have been shown have gone down very well with the different training that we do.

Linda

Personality Disorder Conference

Back in November 2017, STARS attended the 'Advances in Management and Treatment of Personality Disorder' conference in London.

There they delivered a 30 minute presentation based on their own personal experiences on what they felt does and doesn't help when treating PD. The presentation received unanimously good reviews in the feedback forms after the event, And STARS have subsequently been contacted by a few of the other delegates with a view to set up co-operation on future projects. Coupling the success of the presentation and how interesting the rest of the day was, I personally would describe the day as 100% successful!

Simon



More Information

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TCEPT Training

For the last year, I and another STAR have been involved in the development of TCEPT - Therapeutic Communities and Therapeutic Environments Practitioner Course.

It is a course that has been developed by experienced TC practitioners and ex-service users to teach and develop skills for people working in an environment where providing a therapeutic milieu is central to patient care, such as a therapeutic communities and enabling environments,

The course will include 3 residential weekends, which are spaced 6 months apart. During the 6 months, students will complete self-directed study as set out in the curriculum and receive monthly supervision. The weekends offer the opportunity to spend time with staff from other TCs to network and support one another in learning.

This has been very interesting and an exciting learning opportunity for us both as apart from our STARS training work, we are both involved in other projects with the CCQI and the Complex Needs Service and we have been able to develop additional skills with the work we have undertaken here.

Neelam

It felt very organised. A good mixture of fact and group work. Having STARS talking about living experience was really important!

Student Feedback
Personality Disorder
Skills Day

Self Harm Training

These have been going really well and have been informative for our clients.

We first do a section in theory and then the 2 stars split the group into two. We take a group each for 15 minutes where they have a chance to ask questions, then the STARS swap groups and offer a different perspective. We did a role play in the last training and then split the clients into twos and gave them each a scenario where they had to do a role play which went down very well. As our clients are from different backgrounds they have the opportunity to talk to each other and get information on the different services out there.

Linda

Oxfordshire Friends and Family Weekend

These weekends are for friends and families that have loved ones with personality disorders.

I have done several of these and they have been so rewarding being able to help people to understand and have some sort of ideas why their loved ones behave the way they do.

Sometimes we don't realise how badly we treat our loved ones and we are able to answer their questions and tell them what would and would not have helped us in the past. It's nice that families are willing to learn all about personality disorders and how to cope because in my past no one wanted to know why I behaved the way I did.

Linda

I liked the way the training was delivered. Personality disorder was explained and most importantly I enjoyed learning how it affects our feelings, thoughts and behaviours

Student Feedback
Self Harm Skills Day

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