



IntraQuest
Bringing a therapeutic approach to front line services Training

www.intraquest.co.uk

Enhanced Therapeutic Practice

An intensive, experiential two day course for those working with complex client groups.

IntraQuest Training Ltd. Developed in
collaboration with Oldham Council.

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Aims

This course has been specifically designed for those working with complex dependency client groups and families that are considered to be 'troubled'. Over two days, participants will engage in an interactive exploration of attachment theory, identifying their own attachment style and learning to recognise the attachment styles of others. Participants will use this awareness to further explore the impact of disrupted attachment and abuse on relationships, behaviour, emotional well-being and mental health. Practical elements of the course include working with creative methods in order to bring about therapeutic relationships with clients, encourage self-awareness and bring about positive change. There will be opportunities for personal reflection and exploration of the importance of self-care for those working in challenging environments.

Outcomes

Participants will leave this training having achieved the following:

- Demonstrate clear understanding of challenging behaviour and the possible causes of such.
- Demonstrate clear understanding of developmental, biological and neurological factors involved in human emotional disturbance.
- Demonstrate understanding of 'self' in relation to empathy, engagement and impact on others.
- Practise using creative tools and techniques to assist with developing, maintaining and enhancing therapeutic relationships within any helping/supportive role.
- Practise using tools and techniques for appropriate challenging, limiting resistance and increasing motivation towards positive change.

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Cost of course (scaled)

Each course is based on max 15 participants attending

One course: £1,500 per day (£3,000 two day course)

Five courses or more: £1,200 per day (£2,400 two day course)

Participants will receive certificates of attendance, workbook containing summary learning points and personal reflections plus all relevant hand-outs and learning materials.

* This course is offered on an in-house basis and all required refreshments for participants should be provided by the commissioning organisation.