

## NES current offer of training in psychologically informed approaches, psychological interventions and psychological therapies for PIMH teams

NES has a [perinatal mental health](#) and [infant mental health training plan](#) for all staff.

In addition, NES has an existing adult mental health and trauma training offer which is suitable for colleagues working in PIMH specialist services and includes:

1. Psychologically informed approaches (suitable for all staff)
2. Psychological interventions (suitable for staff under supervision as specified by each training)
3. Psychological therapies (suitable for staff under supervision and meeting additional entry requirements as specified by each training)
4. Specific training for leaders and clinical supervisors (with entry requirements as specified by each training)

To find out more about any of the above, please [see here](#) or contact your psychological therapies training coordinator (PTTC) for further details.

### Training in Psychologically informed approaches

Training suitable for **all staff in a CPMHT/MBU/MNPI**

Name of Training
Essentials of Psychological Care
Co-occurring substance use and mental health disorders e-learning module
Behavioural Activation Basics
MAP Health Behaviour Change – Summary Animation
Looking after yourself – Wellbeing planning tool
Looking after yourself – Wellbeing animation
Opening Doors: Trauma Informed Practice for the Workforce Animation and Sowing the Seeds Animation
Taking a Trauma Informed Lens to your Practice Workshop Film
Developing Your Trauma Skilled Practice module
Understanding how the experience of trauma can affect our window of tolerance film
Psychological First Aid E-Module
Essential Perinatal and Infant Mental Health – all 7 modules
Maternal Mental Health Modules
Infant Mental Health interactive PDF
1 in 4 e-learning Module

## Training in Psychological interventions

Training suitable for staff in a CPMHT/MBU/MNPI **under supervision as specified** by each training

<b>Name of Training</b>
Behavioural Activation treatment for Depression (BATD-R)
An “Introduction to a Psychological Approach to Anxiety” e-module followed by “Introduction to CBT for Anxiety Workshop”
Safety and Stablisation face to face training
Survive and Thrive psychoeducation group face to face training
Introduction to Motivational Interviewing e-learning modules followed Introduction to Motivational Interviewing for Mental Health and Physical Health
MAP of health behaviour change: helping people to make and maintain behaviour change – Online Module
The MAP of Health Behaviour Change - Skills-based Workshop

## Training in Psychological Therapies

Training suitable for staff in a CPMHT/MBU/MNPI **under supervision as specified** by each training and **who meet the additional entry requirements** for each training

PG Cert Cognitive Behavioural Therapy (CBT) -
Diploma Cognitive Behavioural Therapy (CBT)
CBT for Psychosis
Mindfulness based CBT
Psychosocial Interventions for Psychosis (PSIp)
CBT for PTSD
Interpersonal Psychotherapy (IPT) 5-day training

## Training for managers, leaders and providers of clinical supervision

Training for leaders and clinical supervisors **who meet additional entry requirements** for each training.

CBT Supervision Training Course – Adult Services (includes pre and post e-learning modules)
Low Intensity Supervision e-learning module
DClinPsy Supervisor Training (New Supervisor Course, and Refresher Training Course)
Scottish Trauma Informed Leaders Training (STILT)
Trauma Informed Leaders video series
Protecting the Psychological Wellbeing of Staff for Managers and Team Leaders module
Coach training to support MI and Core Skills practice
Behavioural Activation for Depression (BAD) plus coaching and assessment