



**CAMBRIDGESHIRE
CONSULTANCY IN
COUNSELLING**

Registered Address: CCC, c/o Bulley Davey, 6 North Street, Oundle. PE8 4AL

Registered Charity No 1181861

www.cambridgeshirecounselling.org.uk

Proposal to Organisations

Peer Group Support for Mental Health First Aiders – 3 hours

Many organisations are using Mental Health First Aiders and Mental Health Champions to support their staff and students as an immediate resource to listen to people's problems, provide an empathic ear and help to identify when professional counselling may be useful. This is an excellent way of ensuring that someone is on hand when staff need to let off steam and confide in someone they know.

However, the role of the Mental Health First Aider is sometimes misunderstood, with many assuming too much responsibility for the welfare of an individual and this can take its toll on the helper. Anyone who is regularly supporting those with mental health problems needs to ensure that they regularly assess how the process is affecting them and ensure that they continue to be impartial and non-judgemental.

Mental Health First Aiders have limited training and though well-meaning, are not trained counsellors or therapists. Sometimes their colleagues offload and share more than they feel comfortable handling. This can result in people taking on too much of other people's emotional baggage, which can lead to burn out. Even professional counsellors are required to undergo regular clinical supervision to address this and continued professional develop their skills and keep them up to date. Mental health first aid is effective but limited, in the same way that physical first aiders are not expected to be paramedics, doctors or nurses. They are first responders but need to refresh their skills and ensure that any traumatic experiences are dealt with appropriately to ensure they remain effective.

This 3-hour workshop will provide you with an opportunity to share your experiences with other Mental Health First Aiders, identify the skills that need to be developed to support you better and opportunities to build your resilience as a Mental Health First Aider.

Designed for:

Anyone who is MHFA trained, has been identified as a Mental Health Champion, any team leader or manager who has undergone mental health awareness training, is regularly supporting their staff and would benefit from receiving some support in the role.

Aims:

- To refresh the basics of listening skills, mental health problems and how to support peers
- To share best practice with other Mental Health First Aiders
- To debrief any particularly difficult or traumatic scenarios and examine how they affected the Mental Health First Aider
- To build personal resilience and gain mutual support from other helpers

Outline:

- A brief reminder of the common mental health problems and how to identify them, when to escalate to a professional
- Discussion surrounding listening skills and what approaches have proved most successful
- Sharing of real-life experiences and discussion of how this may have affected the delegates personally
- Discussion around resilience and the importance of self-care and group support
- Creation of personal action plans to develop skills and ensure personal mental health

Format:

Workshop facilitated by a trained therapist who will deliver the training and support the group discussion. This session is intended as a collaborative approach to supporting Mental Health First Aiders to build confidence and avoid burn out.

Due to the collaborative and supportive nature of the training, it is intended that delegates will meet every few months to provide mutual support and refresh their understanding of the role. This can either be as a self-functioning group or with the support of a CCC counsellor repeating this session. If the delegates have recently attended this workshop, the focus can be moved to the discussion part of the session, only touching briefly on the training element.

Resources and Costs:

Fee: £450 per session. Discounts will apply for consecutive sessions taking place on the same day. For sessions taking place at the organisation's premises, an additional fee of £25 per hour travel time and 42 pence per mile fuel charge will also apply.

Duration: 3 hours per group

Venue: On site at client organisation premises (suitable room to be provided as well as PC, overhead projector and internet access if possible)

Maximum number of delegates per group: 8

Minimum number of delegates per group: 3

Should you wish to book this session, please contact me with details of the number and level of delegates and proposed dates. We will endeavour to fulfil all requests but cannot guarantee availability on all dates requested, as we must make a mutually convenient arrangement.

This proposal is valid until 31st December 2020.

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