

PIT-PWP TRAINING COURSE



March 31st – April 2nd 2014: Rawnsley Building, Manchester
Royal Infirmary, Oxford Road, Manchester M13 9BX

Application details from wendy.clarke@manchester.ac.uk

AIMS

The aims of this course are to enhance the accessibility and quality of interventions provided at level 2, by improving practitioners' skills.

ABOUT PIT

Psychodynamic-interpersonal therapy is an evidence-based psychological treatment which as a therapy can be used to treat conditions such as, depression, self harm, and medically unexplained symptoms. However, basic elements of the model can also be used to enhance and broaden therapeutic skills when used with other treatment modalities.

ABOUT THE COURSE

The course will focus upon enhancing practitioners' skills to improve their ability to:

- develop therapeutic relationships with clients,
- manage difficulties that arise in therapy
- elicit and explore emotional distress (low mood)

The course will teach 5 basic PIT competencies which can be learnt easily and put quickly into practice. The competencies can then be used to help establish a feeling of being understood in the client, develop a problem statement, and work collaboratively with the client to find solutions to their problems or difficulties.

The course is run as a 3 day block with 2 subsequent one day follow-up training opportunities.

Participants will be taught basic PIT competencies using a mix of role plays and video feedback. Participants will have the opportunity to discuss problems or difficulties they have experienced as a PWP and bring case material (anonymised) to work with on the course.

The follow-up days will enable participants to refresh their skills, and discuss further case material.

The course leaders are Dr Richard Brown, Dr Rebecca Hughes and Professor Else Guthrie who are all based at Manchester Mental Health Trust and the University of Manchester.

There are 16 places available for the course. An application form is available from wendy.clarke@manchester.ac.uk (0161-276-5331).