



EDAS  
**ADAPT**

ADVANCED DEVELOPMENT  
& PROFESSIONAL TRAINING

# EDAS TRAINING COURSES AND DATES

**SEPTEMBER 2022 – JULY 2023**

[www.edasuk.org/training](http://www.edasuk.org/training)

[training@edasuk.org](mailto:training@edasuk.org)

**01202 743279**

54a Ashley Road, Poole BH14 9BN

[www.edasuk.org](http://www.edasuk.org)

Discover an insight into wellbeing, substance misuse, counselling, and mental health support with our accredited, CPD, and certified professional courses.



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# Free Accredited Courses

## Be Mindful

A FREE programme designed to support Mental Wellbeing, including workshop classes and counselling support sessions with a trained EDAS Wellbeing Therapist. After completion, achieve an accredited **Level 2 Understanding Mental Wellbeing Award**.

**Tuesdays 10:00am – 12:00pm**

**4 weeks**

- 27th Sept 2022 - 18th Oct 2022
- 1st Nov 2022 - 22nd Nov 2022
- 29th Nov 2022 - 20th Dec 2022
- 10th Jan 2023 - 31st Jan 2023
- 14th Feb 2023 - 7th Mar 2023

## Healthy Living

A FREE course designed to guide and support you through lasting healthy lifestyle changes and help you discover and learn the essentials of healthy living. After completion, achieve a **Level 2 Healthy Living Award**.

**Wednesdays 10:00am – 12:00pm**

**6 weeks**

- 16th Sept 2022 - 21st Oct 2022
- 19th Oct 2022 - 23rd Nov 2022
- 4th Jan 2023 - 8th Feb 2023
- 1st Mar 2023 - 5th Apr 2023
- 3rd May 2023 - 7th June 2023
- 21st Jun 2023 - 26th Jul 2023

## Smart Business

A FREE course to help you get your own business idea recognised, and discover your true potential. Receive a **Level 1 Award in Understanding Employment, Business, and Enterprise** accredited by Ascentis.

**Thursdays 10:00am – 12:00pm**

**4 weeks**

- 20th Oct 2022 - 10th Nov 2022
- 1st Dec 2022 - 22nd Dec 2022
- 19th Jan 2023 - 9th Feb 2023
- 16th Mar 2023 - 6th Apr 2023

## Families In Mind

A FREE 4-week course supporting parents, grandparents, and carers to create a positive home environment that promotes family wellbeing. Each week we will tackle a related topic and set SMART goals to build towards increased confidence and peace of mind when dealing with family issues.

**Wednesdays from 9:30am - 12:00pm**

**4 weeks**

- 21st Sept 2022 - 12th Oct 2022
- 2nd Nov 2022 - 23rd Nov 2022
- 11th Jan 2023 - 1st Feb 2023
- 15th Feb 2023 - 8th Mar 2023
- 29th Mar 2023 - 19th April 2023
- 24th May 2023 - 14th Jun 2023
- 5th Jul 2023 - 26th Jul 2023



# CERTIFIED & CPD COURSES

**Fridays 9:30am – 12:30pm**  
**£60 per workshop**



## **Introduction to Motivational Interviewing**

**CPD Accredited** **Dates:** 16th September 2022 • 21st April 2022 • 4th August 2023

Recognised as one of the most powerful approaches when working with addiction. This course gives an overview of the principles of Motivational Interviewing and some practical tips and help with applying the principles to everyday practice with your clients.

## **Introduction to Acceptance and Commitment Therapy (ACT)**

**CPD Accredited** **Dates:** 30th September 2022 • 28th April 2023 • 14th July 2023

A new strategy, fast, pragmatic, and challenging traditional models of behavioural therapy. This course aims to introduce the core principles of Acceptance and Commitment Therapy (ACT) and explain how ACT works alongside existing therapies.

## **Understanding Anger**

**CPD Accredited** **Dates:** 14th October 2022 • 9th June 2023

An insight into understanding anger as a process and giving practical strategies in the management of behaviour associated with anger.

## **Introduction to Alcohol Awareness**

**CPD Accredited** **Dates:** 4th November 2022 • 5th May 2023

This course provides the learner with an understanding of the risks and effects of alcohol use and increases awareness of screening techniques and brief interventions appropriate for alcohol use.

## **Introduction to Drug Misuse Awareness**

**CPD Accredited** **Dates:** 18th November 2022

In this course, we will explore the different types of drugs commonly used and their risks and effects and consider the motivation behind drug use and the impact of drugs on the individual and on society.

## **Cannabis Awareness**

**CPD Accredited** **Dates:** 2nd December 2022 • 7th July 2023

Exploring and understanding the effects and possible risks of using cannabis for adults and young people.



# CERTIFIED & CPD COURSES

**Fridays 9:30am – 12:30pm**  
**£60 per workshop**



## **Dual Diagnosis**

**CPD Accredited** **Dates:** 13th January 2023 • 30th June 2023

Exploring the complicated relationship between substance misuse and mental health. This course aims to give practical support when working with individuals with a dual diagnosis.

## **Relapse Prevention**

**Dates:** 27th January 2023

A toolkit of strategies to support those working to sustain positive recovery.

## **Crack & Cocaine Awareness**

**Dates:** 10th February 2023

An overview of the common risks and effects of cocaine and crack cocaine. The session looks at what cocaine is and how it affects the body and mental health. Effective interventions, the cocaine cycle of use, and how to support someone with cocaine issues are explored.

## **Crime & Addiction**

**Dates:** 27th February 2023

This course provides the learner with an understanding of the risks and effects of alcohol use and increases awareness of screening techniques and brief interventions appropriate for alcohol use.

## **Children of Substance Misusing Parents**

**Dates:** 10th March 2023

What are the main issues and how do services support children whose parents misuse substances? This session aims to address this increasingly common situation. What is it like to live with parents misusing substances and what support have children requested? This session offers practical advice on how to apply useful interventions.

## **Blood Born Viruses**

**Dates:** 24th March 2023

This session introduces the different types of blood-borne viruses (BBV's) and looks at how they are transmitted. It will include how to reduce the risks of transmission and the current treatment options. Hepatitis and HIV will be the main focus.