

mind & body

Learning and Development Resources

This evolving document signposts staff to existing learning and development opportunities for Mind and Body care.

Level 3

Clinical staff who regularly provide care to patients with, or at risk of, physical and mental health comorbidities

Awareness of the risk and prevalence of physical and mental health comorbidity

Instigate and lead inter-professional collaboration across primary/secondary care, acute/mental health and other interfaces

Level 2

Clinical staff who may provide care to patients with, or at risk of, physical and mental health comorbidities

Recognition and assessment of physical and mental health comorbidities, referral if necessary

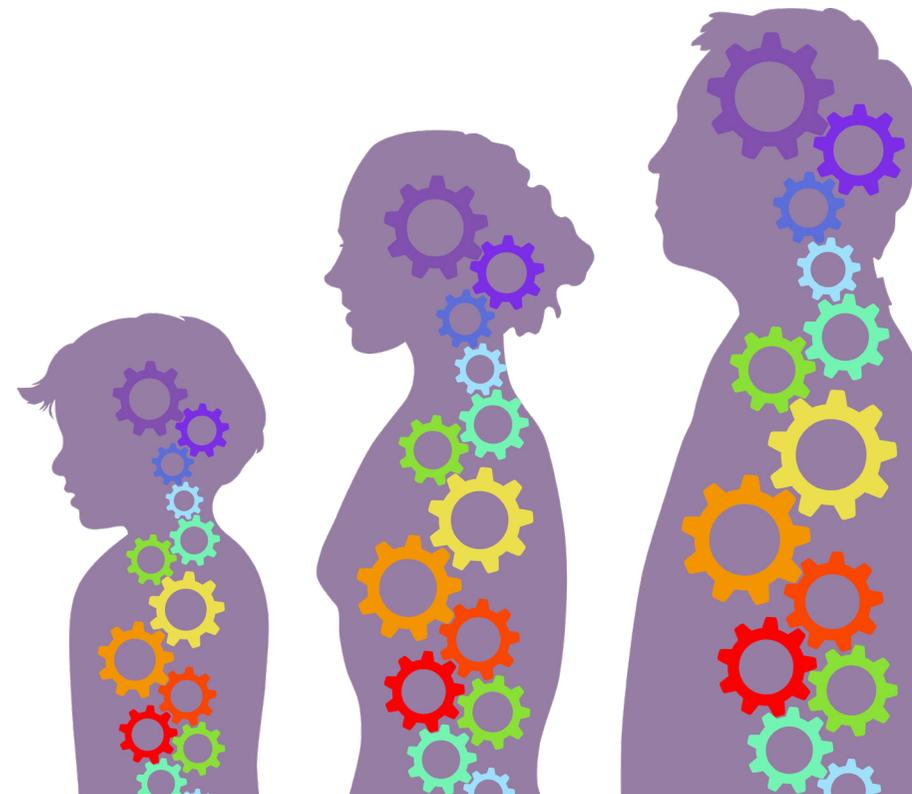
Ability to collaborate inter-professionally

Level 1

All clinical and non-clinical staff

Awareness of the risk and prevalence of physical and mental health comorbidity

Awareness of where to find further information and support



Level 1 – Awareness

Level 1 captures training and awareness resources aimed at improving the entire clinical and non-clinical workforce's understanding of the need to address both physical and mental health needs in all people.

- A good place to start is our short and interactive [Mind & Body animation](#) and [elearning](#)

Where to find further opportunities:

- [IMPARTS \(Integrating Mental & Physical healthcare: Research, Training & Services\) Seminar Series](#) – these half day seminars aim to bridge research and clinical practice for mind and body care
- [Learning Hub](#) – this portal hosts a [wealth of mind and body related resources](#), from [mind and body in children and young people](#), or [people with intellectual disabilities](#), to [skills for collaborative care planning](#), and [giving brief advice on stopping smoking](#). Check out the resource for staff health and well-being too – [Happier@Work](#)
- [Royal College of Nursing](#) – free elearning resources here include an [introduction to physical health in mental illness](#)
- [Recovery College](#) – this training is co-produced, co-delivered, and co-received by, and for staff, and service users
- [King's College London Psychological Medicine Seminars](#) – these one hour lunchtime seminars cover research updates on key mind and body issues
- Your trust Education and Training Department, local University, or Community Education Provider Network (CEPN) – these organisations are designed to meet your training and development needs and will have a range of useful resources available
- [Mind & Body Resources](#) – the King's Health Partners website hosts a selection of resources to help spread the Mind & Body message
- King's Health Partners events listings has a range of up to date [Mind & Body courses and events](#)

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Level 2 – Recognition and Intervention

Level 2 captures training and awareness resources aimed at supporting staff to recognise and proactively address the needs of patients, service users, carers, and colleagues, relating to both physical and mental health.

- A good place to start is our [one-day Clinical Skills Course](#) and [range of simulation training sessions](#)

Where to find further opportunities:

- [IMPARTS team training](#) – this face-to-face training, tailored to the needs of your team, focuses on the skills required in addressing people’s mental health needs in physical health settings, delivered by expert trainers
- Similar training is available for teams interested in the mental health needs of people with medically unexplained/persistent physical symptoms, delivered by the [PRINCE team](#), and increasing the physical activity of our patients and service users to improve their mind and body, delivered by [Public Health England’s clinical champions](#)
- Simulation training – available from [Maudsley Simulation](#), the [Simulation and Interactive Learning Centres](#), and [King’s College Hospital Simulation Training Centre](#), these half or full day sessions focus on a variety of mind and body issues
- Your trust Education and Training Department, local University, or Community Education Provider Network (CEPN) – please check out your local training bodies for more opportunities
- [Happier@Work](#) - the South London and Maudsley Mental Health Promotion Team run a series of training sessions of staff well-being
- King’s Health Partners events listings has a range of up to date [mind and body courses and events](#)

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Level 3 – Mind & Body Leaders

Level 3 captures training and awareness resources aimed at supporting staff to take the lead in improving care to better meet the physical and mental health needs of patients, service users, carers, and colleagues.

- A good place to start is the [IMPARTS five-day Teaching Module](#)

Where to find further opportunities:

- [Maudsley Simulation](#) – this centre has a range of one and two day courses addressing mind and body care, incorporating experiential and group learning with skills development and reflective practice, to support professionals to set an example in mind and body care
- [Simulation and Interactive Learning Centres](#) – courses for mind and body care range from working with dementia and delirium, to managing stress in the workplace, and providing collaborative care to diverse patient populations
- [Happier@Work](#) - The South London and Maudsley Mental Health Promotion Team run training sessions for [line managers to promote staff well-being](#)
- King's Health Partners events listings has a range of up to date [mind and body courses and events](#)

With such a wide range of world-leading expertise in mind and body care locally, why not reach out to colleagues for support, to exchange ideas and skills, or even work together! The Mind & Body Team would be happy to support you to do this.

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Further information

Have we missed something? If you are aware of Mind and Body learning opportunities not outlined in this document please contact us at mindandbody@slam.nhs.uk

Consolidating learning and development opportunities and spreading the word about mind and body care is only one part of our mission at the [Mind & Body Programme](#).

- We are working to improve screening and recognition of both mental and physical needs across all healthcare settings, along with supporting service transformation to ensure that these needs can be met by the relevant professionals, teams, and care pathways. We work with a wide range of collaborators across south London, and always keen for more
- We would love to hear from you if you and your team have specific learning and development needs relating to mind and body that we may be able to help you to address
- Our current [Learning and Development Strategy](#) may be of interest, as well as [previous reports](#) we have published into Mind & Body Education at King's Health Partners
- Please do get in touch at mindandbody@slam.nhs.uk if you have any other questions, would like the Mind & Body Team to be part of your event, feel like telling us about your work, or just want to chat to the team about mind and body!

[Are you a Mind & Body Champion?](#) Click the link if you're interested in joining our network of engaged and inspiring Champions.