



# mind & body

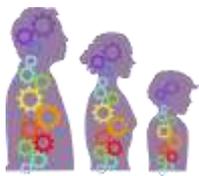
## Mind & Body Programme Education and Training Courses

Course	Details	Target Audience	Cost	How to register
e-learning - <a href="#">Mind and Body Healthcare: Addressing mental and physical health needs</a>	This interactive resource explains how physical and mental health commonly influence each other, and helps all staff recognise the additional health needs of their patients and identify appropriate services to refer them to. It includes 'patient journey' case studies to demonstrate how health problems often require coordinated treatment across the healthcare system. Allow about 30 minutes to complete the full resource and gain a personalised certificate.	All staff	Free	Go to <a href="http://learninghub.kingshealthpartners.org/course/mind-and-body-healthcare-addressing-mental-and-physical-health-needs">http://learninghub.kingshealthpartners.org/course/mind-and-body-healthcare-addressing-mental-and-physical-health-needs</a>  This course is also available on KCH, SLaM and GSTT internal learning management systems.
1-day clinical skills course – Adults	This course aims to equip staff with clinical skills to help manage both the physical and psychological needs of patients using role-play, interprofessional group work, and didactic teaching to follow two patient journeys through different healthcare pathways and systems.	Practitioners working in mental health, physical health and social care	Free	Email <a href="mailto:mindandbody@slam.nhs.uk">mindandbody@slam.nhs.uk</a> Current dates: 18 March 2019 17 May 2019 17 June 2019 15 July 2019 27 September 2019
1-day clinical skills course – Children and Young People	This course aims to equip staff working with children, young people, and families with the skills to help manage both the overlap of physical and psychological needs of patients, as well as develop a better understanding of contextual factors that affect health outcomes. The course use role-play, interprofessional group work, and didactic teaching by following two patient journeys through the healthcare system, whilst maintaining awareness of the impact on the whole family, and the wider systems around it.	Practitioners working in physical health, mental health, social care, and education	Free	Register by clicking on your preferred date or email <a href="mailto:mindandbody@slam.nhs.uk">mindandbody@slam.nhs.uk</a> Current dates: <a href="#">7 March 2019</a> More dates to be released soon



# mind & body

<p>2-day Maudsley Simulation Course - <a href="#">Healthy Bodies, Healthy Minds, Health Lives</a></p>	<p>This course will support staff in having helpful health change conversations with patients and service users across all healthcare settings, including those who also have associated mental health conditions. The course is suitable for staff who work in areas where lifestyle, wellbeing and exercise is discussed as part of holistic care.</p>	<p>Practitioners working in mental health, physical health and social care</p>	<p>Free</p>	<p>Complete the form via <a href="https://www.maudsleysimulation.com/healthy-lives">https://www.maudsleysimulation.com/healthy-lives</a>            Current dates:            14 February 2019 &amp; 28 February 2019            5 March 2019 &amp; 12 March 2019            2 May 2019 &amp; 9 May 2019            23 May 2019 &amp; 3 June 2019            11 June 2019 &amp; 20 June</p>
<p>5-day IMPARTS course</p>	<p>This CPD-accredited course covers the key mental health presentations to the general hospital over five taught days. Each taught day has a different clinical theme, covering the topics: the confused/agitated patient; the distressed/depressed patient; the patient with medically unexplained symptoms; the substance misusing patient; and managing conflict. The course aims to develop staff's ability to reflect critically on clinical experiences and integrate the body of research evidence on mental health problems in a general hospital setting into their practice. Staff will become familiar with common presentations, assessment, basic management and ethical issues related to that clinical presentation. No prior knowledge of mental health is assumed.</p>	<p>Clinical health professionals working in general hospital settings</p>	<p>£650</p>	<p>Complete the form on the <a href="#">IMPARTS website</a> or <a href="mailto:imparts@kcl.ac.uk">imparts@kcl.ac.uk</a></p>
<p>Mind &amp; Body Leadership Learning Network</p>	<p>This learning network aims to bring together clinical and healthcare leaders over 4 half-day sessions to develop their own practice, and that of their teams and services, in providing mind and body care. Through creating a network of ambitious people with a desire to lead positive change in health services, this network will build on the work of the Mind &amp; Body Programme.</p>	<p>Aspiring leaders in health and social care services</p>	<p>Free</p>	<p>4 half-day sessions, 9am – 1pm on:            13 March 2019            10 April 2019            8 May 2019            5 June 2019            Email <a href="mailto:mindandbody@slam.nhs.uk">mindandbody@slam.nhs.uk</a> to register</p>



## mind & body

	<p>Participants of the learning network will engage with like-minded healthcare leaders to solve problems and test solutions to barriers and obstacles in providing mind and body care. Meeting on 4 occasions over 6 months, the network will draw from current best practice, local resources, and the expert knowledge of the participant group. Subject matter experts, skilled facilitators, and peer work will provide a valuable learning with tangible outcomes to take back to clinical practice. Topics covered include identifying patients' needs, developing teams and services, patient and public involvement, systems change and leadership.</p>			
SHRINE Sexual Health Training	<p>This course goes through the transmission, symptoms, how to test and treatment for sexually transmitted infections, as well as contraceptive choices. Sessions can also include how to start the conversation or lead into the conversation about sex, referral pathways and what to expect when accessing a sexual health centre. All sessions are focussed on brief intervention skills to help identify need, assess risk and signpost or refer to appropriate services. Sessions run for approximately 1-2 hours.</p>	Practitioners working in mental health, physical health and social care	Free	Available on request, email <a href="mailto:mindandbody@slam.nhs.uk">mindandbody@slam.nhs.uk</a>
Mind & Body Staff Health and Wellbeing Toolkit	<p>To be released in January and available on the <a href="#">staff health and wellbeing</a> page of our website.</p>	All staff	Free	Please email <a href="mailto:mindandbody@slam.nhs.uk">mindandbody@slam.nhs.uk</a> for a copy

There is also a range of other resources and training opportunities outlined in our [training index](#) including:

- [Mind & Body resources](#)
- [Self-help materials for patients](#)
- [Maudsley Simulation Courses](#)



# mind & body