



# mind & body

## Mind & Body Programme Education and Training Courses

Course	Details	Target Audience	Cost	Dates and how to register
e-learning module: <i>'Mind and Body Healthcare: Addressing mental and physical health needs'</i>	<p>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.</p> <p>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.</p>	All staff	Free	<p>Go to <a href="https://learninghub.kingshealthpartners.org/product?catalog=khp1082c">https://learninghub.kingshealthpartners.org/product?catalog=khp1082c</a></p> <p>This course is also available on KCH, SLaM and GSTT internal learning management systems, and on the Southwark and Lambeth social care learning platforms.</p>
1-day clinical skills course – Adults	<p>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.</p>	Practitioners working in mental health, physical health and social care	Free	<p>Next date is <b>20 March 2020</b>.</p> <p>Email <a href="mailto:mindandbody@slam.nhs.uk">mindandbody@slam.nhs.uk</a> to express interest</p>
1-day clinical skills course – Children and Young People	<p>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.</p> <p>The course uses 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.</p>	Practitioners working in physical health, mental health, social care, and education	Free	<p>Next date is <b>27 March 2020</b>.</p> <p>Email <a href="mailto:mindandbody@slam.nhs.uk">mindandbody@slam.nhs.uk</a> to express interest</p>



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<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>	<ul style="list-style-type: none"> <li>Please register via the Maudsley Learning website:</li> <li><b>March 2020:</b> 2 March and 9 March: <a href="https://maudsleylearning.com/courses/healthy-bodies-healthy-minds-healthy-lives-2/">https://maudsleylearning.com/courses/healthy-bodies-healthy-minds-healthy-lives-2/</a></li> </ul> <p>Please ensure that you can attend <u>both dates</u> before registering.</p> <p><b>*Use code: MINDANDBODY2020 to reserve your FREE place (you will not be charged if using this code).</b></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:</p> <ul style="list-style-type: none"> <li>the confused/agitated patient</li> <li>the distressed/depressed patient</li> <li>the patient with medically unexplained symptoms</li> <li>the substance misusing patient</li> <li>managing conflict.</li> </ul> <p>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>Express interest by emailing <a href="mailto:mindandbody@slam.nhs.uk">mindandbody@slam.nhs.uk</a></p> <ul style="list-style-type: none"> <li><b>June/July 2020:</b> 9 June – 7 July</li> </ul> <p>*Staff may be eligible for funding support through the King's Health Partners staff development fund.</p> <p>More information can be found online: <a href="https://www.kingshealthpartners.org/education-and-training/staff-development-fund">https://www.kingshealthpartners.org/education-and-training/staff-development-fund</a></p>



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SHRINE Sexual Health Training	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.	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	This toolkit offers all staff working across health and care services a collection of resources all in the one place, that they can use to support the mind and body health and wellbeing of their team. It includes wellbeing tips and ideas for teams, bitesize sessions on a variety of topics that can be independently led by teams, as well as information and links to existing resources for all NHS staff.	All staff	Free	Available on the <a href="#">staff health and wellbeing</a> page of our website.  Please email <a href="mailto:mindandbody@slam.nhs.uk">mindandbody@slam.nhs.uk</a> with any questions, or to tell us how you have used the Toolkit!

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](#)