

ISLE OF MAN BRANCH

Behavioural and cognitive techniques and approaches to acute inpatient care - An evening workshop

Presented by Simon Darnley

Thursday 18th July 2019

Times: 6.00pm to 8.30pm (Registration from 5.30pm)

Venue: Keyll Darree Health and Social Care Higher Education Centre, Strang, Isle of Man, IM4 4RH

About the Workshop

Coming into an inpatient hospital will be a time of huge anxiety and distress for service users, carers and staff. At a time of acute illness service users often find themselves in restrictive environments with a loss of freedom, increased observation as well as unfamiliar people, routines and structures

Staff can feel disempowered, anxious and can find it difficult to provide consistent least restrictive, individualised compassionate care.

The CQC report in their review of all mental health services in England that those wards where the level of restraint is low or where they have reduced it over time have staff trained in the specialised skills required to anticipate and de-escalate behaviours or situations that might lead to aggression or self-harm.

Feedback from service users and staff have highlighted the need to reinforce and improve the psychological interventions and approaches on inpatient wards.

We looked at the large literature in behavioural change to try and identify the fundamentals of a positive psychological and compassionate approaches to our inpatient service users.

Areas covered will include;

1. How humans work –basics in reinforcing positive behaviours to reducing conflict
2. What we say and how we say it
3. Understanding and sharing our boundaries
4. Making the most of every interaction
5. Sharing our priorities -We are here for the same thing

Come prepared to be fully active and challenged with the aim of improving standards of care for both servicers users and staff.

About Simon Darnley

Simon trained as a Registered Mental Nurse in 1982 and was Charge Nurse in an Acute Psychiatric Hospital for 2 years before training in Behavioural Psychotherapy. He then ran a Cognitive Behavioural Psychotherapy Service in Maidstone for 18 months before becoming Tutor in Behavioural Psychotherapy at the Institute of Psychiatry in London for 7 years where he was responsible for the English National Board Nurse Training in Cognitive Behavioural Psychotherapy under Professor Isaac Marks. During this time, he also trained Doctors, Social workers and Occupational Health Nurses.

After training in Cognitive Therapy, in 2000 Simon became project leader, supervisor and trainer on a large research trail using CBT with Primary care patients with IBS as well as working at the Chronic Fatigue Unit at Kings Hospital treating adults and adolescence with Chronic fatigue syndrome.

In 1999, he was involved as a therapist in a large research trail treating people with fatigue in a general practice setting. In 2002, he joined as lead CBT therapist and manager for Prisma Health Ltd and was responsible for the design, delivery, supervision and evaluation of the Prisma Programme in England, Scotland, the Republic of Ireland, Canada and the Netherlands. The Prisma Programme is a cognitive behavioural based therapy designed to help people who have been off sick from work return to the workplace. He left in 2008 to become the Head and principle CBT nurse therapist at the Anxiety disorders residential Unit at the Bethlem Hospital. Providing highly specialist Cognitive Behavioural Psychotherapist within a national in-patient treatment service principally for patients with treatment resistant OCD and BDD. In 2013, he became head of clinical pathways for Lambeth within the south London and Maudsley Trust and is now currently Head of Nursing and Deputy Director of psychotherapies.

He has published in numerous journals and other publications and is interested in improving patients care within the NHS framework

General Event Information

Fees:

BABCP Member: £25 Non-Member: £30 Students: £15

All BABCP events are VAT free.

Refreshments at breaks are included.

A CPD certificate for 2.5 hours will be issued.

Venue website - <https://www.gov.im/categories/education-training-and-careers/keyll-darree-health-and-social-care-higher-education-centre/>

Closing date for registrations is midday Thursday 11th July 2019.