

Bipolar Disorder Awareness (Half day)

BACKGROUND:

Bipolar disorder is a mental illness which affects mood states. Living with bipolar disorder can be distressing and have a big impact on someone's life. This course is designed to support you to both understand, and better communicate with and help someone living with the fluctuating mood states of bipolar disorder.

TARGET GROUP:

All staff members working with individuals who have a diagnosis or who may have bipolar disorder.

COURSE AIM:

This half day course aims to provide an awareness by improving your knowledge and skills to enable you to work effectively with someone you support who has bipolar disorder.

LEARNING OUTCOMES: Following the training delegates will feel more confident in the following areas;

1. Understand what bipolar disorder is
2. Understand the key symptoms and causes of bipolar disorder
3. Have increased knowledge of the types of bipolar disorder
4. The risk factors associated with bipolar disorder
5. Better knowledge of the role of treatments available
6. Strategies to support and better communicate with individuals you work with

ORGANISATIONAL BENEFITS:

When staff are supported and receive training to support them in their role, the impact on their confidence and ability to deliver the service can only be positive, they feel valued and retention is improved along with good practice.

For 12-14 people, at your venue

(Including all materials)

For further information, contact Steps Training on **02920 095300** or email info@steps-training.co.uk