



Maudsley  
Learning

## TRAINING PROGRAMMES FOR GPs & THOSE WORKING IN PRIMARY CARE

Community-based clinicians encounter a huge range of mental health issues in the patients they care for. Covid-19 has made the need for mental health care more pressing and will be addressed where relevant in all Maudsley Masterclasses. Staff in general practice have had to adapt quickly to new ways of working to provide comprehensive care to their community.

At Maudsley Learning we have two groups of courses that will help you and your practice meet this challenge:

- **Mental health skills** for your workforce. Our diverse range of courses are aimed at enhancing general mental health skills, patient and staff wellbeing, and advanced skills in specialist topics.
- **Staff support** for your workforce. The mental health and wellbeing needs of NHS staff are significant and have been enormously strained by the impact of Covid-19. The opportunity is ripe to build better systems of support, from resilience training through to systemic wellbeing interventions.

Maudsley Learning has a full range of courses to meet these needs in your organisation. Most can be delivered to you flexibly and tailored to your requirements:

- **Maudsley Masterclasses** are available for up to 40 people and include a mixture of expert talks, small group teaching, and video case vignettes. These are available for full day socially-distanced classroom-based delivery and most will be livestreamed for remote access
- **Masterclass Digital** courses are fully-interactive 6-8 hour courses delivered online in bite-sized 2-hour live sessions
- **Maudsley Simulation** courses can be delivered in your local simulation suite socially distanced or via our innovative digital simulation platform.

# MASTERCLASSES

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**PSYCHIATRY UPDATE FOR PRIMARY CARE** (including consideration of the impact of the Covid pandemic on mental health in primary care)

This Masterclass is for all GPs and healthcare professionals based in primary care will enhance skills in psychiatric assessment and management and provide updates on the latest evidence-based treatment. Using case-based learning and video case vignettes will ensure a practical and relevant learning experience.

**SLEEP MEDICINE FOR MENTAL HEALTH AND GENERAL PRACTITIONERS**

This Masterclass is aimed at clinicians working in primary care and mental health settings and requires no previous experience in sleep medicine. You will learn how to develop a pragmatic, clinically-oriented approach to recognising, assessing, and managing common sleep problems encountered in everyday practice. You will gain an understanding of normal sleep and bust some of the myths and hype around sleep.

**WELLBEING IN ACTION** (including consideration of wellbeing in primary care during the Covid pandemic and supporting those recovering from COVID)

This Masterclass is aimed at all GPs, healthcare professionals, and social prescribers working in primary care. Breaking the concept of wellbeing into key components, we will use motivational interviewing techniques to enhance skills in promoting good mental health, harnessing strengths and resilience, identifying when patients are at risk and accessing appropriate support.

## SUICIDE PREVENTION TRAINING

Available on commission as 3-hour live online session

Assessment of suicidal thoughts and behaviour is a common cause of anxiety amongst practitioners. Maudsley Learning have teamed up with expert clinicians and researchers in suicide risk prevention to be able to offer PROTECT training which goes beyond the basics to look at the psychological and relational aspects of risk assessment and provides a simple and effective framework to enhance practitioner confidence. Suicide prevention training is available in a range of formats to suit your practice's needs.

**INTRODUCTION TO ADULT ATTENTION DEFICIT DISORDER (ADD)**

This Masterclass is aimed at all healthcare professionals working in primary care. It aims to provide a broad understanding of ADD and ADHD, improve confidence in identifying symptoms and give an overview of potential medical and psychological interventions.

**ASSESSMENT, INTERVENTION, AND CARE FOR OLDER PEOPLE WITH ALCOHOL USE DISORDERS**

This Masterclass is aimed at all healthcare professionals working in primary care. It aims to improve knowledge, skills, and confidence in the assessment and care of older adults with excessive alcohol use, including those that accompany other mental disorders such as depression and dementia.

**SUPPORTING WORKFORCE MENTAL HEALTH DURING COVID-19**

This Masterclass is for all primary care staff. It will build attendees' literacy in mental health and wellbeing, increase skills and knowledge in identifying and responding to staff in distress, and describe strategies and approaches that can be adopted by teams and departments to support staff at all times and especially during covid-19.

## INTRODUCTION TO ADULT AUTISM SPECTRUM DISORDER

This one-day course aims to give clinicians a broad understanding of the phenotype and aetiology of ASD, an approach to diagnostic assessment in adult patients, an overview of medical and psychological interventions, and a better understanding of the needs of adults with ASD, including health, aging, service development, transition, treatment options across the lifespan and sex differences.

# SIMULATION COURSES

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## PROMOTING HEALTH AND WELLBEING IN PRIMARY CARE

This one-day simulation course is aimed at all healthcare professionals and pharmacists in primary care. It aims to increase skills in recognising mental distress and promoting wellbeing to reduce the risk of individuals developing mental illness.

## WORKING WITH YOUNG PEOPLE AND THEIR FAMILIES IN PRIMARY CARE

This one-day simulation course is aimed at all healthcare professionals in primary care. It aims to support front line staff in the identification & management of mental illness and promotion of mental wellbeing in young people. It will explore some of the benefits and challenges of working with young people's families and support systems and help professionals work effectively alongside support networks to enhance clinical care and promote wellbeing and recovery.

## MANAGING MENTAL ILL HEALTH IN PRIMARY CARE

This half-day simulation course is aimed at all healthcare professionals in primary care. It looks at complex and challenging situations, often involving an array of physical and mental health symptoms, and explores issues around risk and difficulties in engagement. It aims to help clinicians develop confidence in supporting those who frequently fall between services.

## MANAGING CHALLENGING BEHAVIOURS IN PRIMARY CARE – A COURSE FOR NON-CLINICAL STAFF.

This half-day simulation course is aimed at non-clinical band 1-4 staff working in clinical settings. The course will immerse participants in a series of simulated scenarios using actors to explore some of the potential challenging situations they may face in their workplace, increasing skills and confidence in managing difficult situations and conversations.

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## BOLT-ON

For your perfect training package please ask for further details and prices.

**Training Needs Analysis (TNA)** Let our team complete a full TNA for a department, directorate, or the whole hospital! We can work to complete this ourselves or work collaboratively with your own staff. Our standard outcome measures assess learner progress and produce a full report looking at wider impact of training using a range of tested assessment methodologies.

**Train the Trainer (TTT)** Sustainability is key for many organisations. Ask about our TTT packages for your own education faculty for some of the courses above.

Accreditation Maudsley Learning offers department, directorate, or whole hospital 'Maudsley Mental Health Trained' accreditation as a stamp of quality and assurance for internal governance or external patient engagement work.

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## GET IN TOUCH WITH...

**JOSE**



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[www.maudsleylearning.com](http://www.maudsleylearning.com)