

# Session 3

## *CERTIFICATE OF ATTENDANCE*

*THIS IS TO CERTIFY THAT*

*COMPLETED A FULL DAY COURSE ON*

### Learning Outcomes

- ▶ Integrate brief mental health and wellbeing intervention with your existing knowledge and skills so as to offer more effective support
- ▶ Facilitate the use of self-management strategies to support successful change processes
- ▶ Apply practical strategies and techniques relating to the five area model
- ▶ Work collaboratively with client to agree a way forward
- ▶ Integrate the use of self-help resources and interventions into practice
- ▶ Identify self-management strategies and resources to support others

**Trainer(s)**

*L Williams*

