



# Training Calendar

Drug & Alcohol Related  
Training in the Western  
Region (Galway Mayo &  
Roscommon)

**January to July 2015**

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## **WRDTF Mission Statement**

*To work in partnership with statutory, voluntary and community sectors to significantly reduce the harm caused by substance misuse through a concerted focus on: Supply Reduction, Education, Prevention, Treatment, Rehabilitation and Research*

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All training is provided free of charge.

For all training queries please contact the WRDTF at [training@wrddf.ie](mailto:training@wrddf.ie) or 091 480044

Booking forms must be submitted in order to secure a place on a course.

<b>Title: Motivational Interviewing (Level 1)</b>	
<b>Course Duration: 2 days</b>	
<b>Who should attend?</b>  Staff who work with service users who may need to make some changes to reduce the frequency or intensity of problems in their lives. This could include workers from social care, family support, employment support, vocational training, criminal justice, probation, education, housing support and general health care services.	<b>Date &amp; Location:</b>  January 2015 Mayo <b>Fully Booked</b> March 4/5 Roscommon <b>Fully Booked</b> April 29/30 Clifden May 27/28 Castlebar July 8/9 Ballinasloe
<b>Number of Places Available:</b> 15	<b>Trainer:</b> Brendan Murphy
<b>Course Description:</b> Motivational Interviewing (MI) is evidence-based psychological treatment that aims to help people increase their motivation to change.	
<b>Course Content:</b> This short course will be based upon the recent developments in MI and follow the Engaging, Focusing, Evoking & Planning format developed by Miller & Rollnick in their recent book <i>Motivational Interviewing, Helping People Change</i> (3 <sup>rd</sup> Ed). Participants will be exposed to the fundamental spirit and skills of MI and will have an opportunity to observe, discuss and practice a range of MI skills. Participants will also have the opportunity to discover ways to apply MI within their own work context.	
<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>▪ To have some understanding of the theory of MI</li> <li>▪ To have some understanding of the skills of MI</li> <li>▪ To have experience practising the skills of MI</li> <li>▪ To have some ideas on how MI could be used in their work with service users</li> </ul>	
<b>Trainer Profile:</b>  Brendan Murphy is an accredited counsellor, supervisor and trainer in a number of evidence-based therapies. He works as the Regional Training Officer for the HSE West Drugs Service and has been using and training others in the use of MI since 1993. Brendan has undertaken and completed a range of advanced trainings in MI including training as a trainer with the founders of MI, Professors William Miller and Stephen Rollnick.	
<b>How to book:</b>  Complete the general booking form on page 19 (stating the name and date of the course) and return to: Training. WRDTF, Unit 6, Galway Technology Park, Parkmore, Galway or email: <a href="mailto:training@wrdtf.ie">training@wrdtf.ie</a>	
<b>Certification/Accreditation:</b>  Certificate of Attendance for completion of the two-day course	

<b>Title:</b>	<b>Group Facilitation Skills</b>	
<b>Course Duration:</b> 4 Days	<b>Fully Booked</b>	
<b>Who should attend?</b> This course is aimed at those working in the Community/Voluntary/Drugs/Alcohol sector that are involved in or plan to become involved in the facilitation of groups. Particularly aimed at those working in relapse prevention, family support or general support groups	<b>Dates:</b> (Previous dates postponed to dates below)  January 21/22 and Feb 11/12	<b>Location:</b> Galway
<b>Number of Places Available:</b> 16	<b>Trainers:</b> West Training	
<b>Course Description:</b>  The primary objective of this course is to enable participants to understand group work, theory and practice and how to facilitate groups based on a foundation of theory and proven best practice		
<b>Course Content:</b> <ul style="list-style-type: none"> <li>▪ The principles, concepts &amp; practical skills of group work</li> <li>▪ To evaluate, recognise and put into practice the theory of group work</li> <li>▪ How to organise, plan, run and evaluate group sessions</li> <li>▪ To facilitate a group</li> <li>▪ To understand the life cycle of groups, group dynamics, the roles people play in groups</li> <li>▪ To analyse the role that power, conflict and lack of participation has on a group</li> <li>▪ To learn the key process in managing a group to get the best possible outcomes</li> <li>▪ To define the group parameters including your own boundaries</li> <li>▪ To develop an insight into ethical behaviour as a facilitator and the use of your own power in the facilitator's role</li> </ul>		
<b>Learning Outcomes:</b>  To encourage participants to reflect on their own participation in groups and promote their ability to contribute positively to the groups of which they are a part		
<b>Further inquiries:</b>  Further inquiries to <a href="mailto:info@wrddf.ie">info@wrddf.ie</a>		
<b>How to book:</b>  Complete the general booking form on page 19 (stating the name and date of the course) and return to: Training. WRDDF, Unit 6, Galway Technology Park, Parkmore, Galway or email: <a href="mailto:training@wrddf.ie">training@wrddf.ie</a>		
<b>Certification/Accreditation:</b>  A Certificate of Attendance will be awarded on completion of the 4 training days		

<b>Title:</b> Solution Focused Brief Therapy 1	
<b>Course Duration:</b> 2 Days	<b>Date:</b> 28/29 January
<b>Who should attend?</b> Counsellors, Social Workers, Nurses, Social care Workers, Family Support Workers Probation Officers and relevant staff from employment support, vocational training and criminal justice agencies	<b>Location:</b>  Roscommon
<b>Number of Places Available:</b> 16	<b>Trainer:</b> Brendan Murphy
<b>Course Description:</b> Solution Focused Brief Therapy (SFBT) is a short-term goal-focused psychotherapy that helps clients change by creating solutions to their difficulties rather than dwelling on the cause of their problems. SFBT was developed by Steve de Shazer and Insoo Kim Berg. This short course will allow participants to consider how the SFBT approach could be used with their service users and will provide an opportunity to observe, discuss and practice a range of SFBT skills.	
<b>Course Content:</b> Over the two days the participants will be exposed to the history, background theory and current practice of SFBT. Participants will become familiar with both the rationale and the skills necessary to conduct an interview with clients in an SFBT fashion. The techniques will include; <ul style="list-style-type: none"> <li>▪ Exception Finding Questions</li> <li>▪ Scaling Questions</li> <li>▪ The Miracle Question</li> <li>▪ Giving Appropriate Compliments</li> <li>▪ How to set goals</li> <li>▪ How to find 'What's Better'</li> </ul> In addition to the skills of SFBT, participants will also be exposed to the workable theories behind the model that include <ul style="list-style-type: none"> <li>▪ Positive blame</li> <li>▪ The inevitability of change</li> </ul> How small changes are sometimes all that's necessary	
<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>• To broaden participants understanding of the theory of SFBT.</li> <li>• To realise when it is appropriate to use SFBT with clients.</li> <li>• To equip participants with the confidence to try the SFBT approach with their clients.</li> <li>• To experience the SFBT model in practice through the use of role play.</li> </ul>	
<b>Trainer Profile:</b> Brendan Murphy is an accredited counsellor, supervisor and trainer in a number of evidence-based therapies. He works as the Regional Training Officer for the HSE West Drugs Service and has been using and training others in the use of SFBT since 1996. Brendan has undertaken and completed a range of advanced SFBT trainings including training with one of the founders of SFBT, Steve de Shazer.	
<b>How to book:</b> Complete the general booking form on page 19 (stating the name of the course) and return to: Training. WRDTF, Unit 6, Galway Technology Park, Parkmore, Galway or email: <a href="mailto:Training@wrdtf.ie">Training@wrdtf.ie</a>	
<b>Certification/Accreditation:</b>  A Certificate of Attendance will be awarded on completion of the training	

<b>Title:</b> SAOR: Brief Interventions for Alcohol Use	
<b>Course Duration:</b> 1 day	
<b>Who should attend?</b> Staff who have occasion to ask people about their alcohol use. This could include workers from social care, family support, employment support, vocational training, criminal justice, probation, education, housing support and general health care services.	<b>Date &amp; Venue:</b>  March 26 Galway  June 17 Ballina, Co. Mayo
<b>Number of Places Available:</b> 15	<b>Trainer:</b> Brendan Murphy
<b>Course Description:</b> A brief intervention for alcohol use is a short, helpful conversation that focuses on assessing, and if necessary, assists a person to consider and alter their alcohol consumption. Brief interventions have shown to be effective in initiating change in alcohol consumption for people with mild to moderate alcohol-related problems and in helping people with more significant difficulties to access specialised alcohol treatment services. The SAOR Model has been adopted by the HSE as the model-of-choice for delivering brief interventions for alcohol use.	
<b>Course Content:</b> The key course content which emerges from the course learning outcomes is outlined below: <ul style="list-style-type: none"> <li>• Evidence for the effectiveness of SBI</li> <li>• Alcohol and drug-related presentations to health and social care settings</li> <li>• Contemporary models of SBI for problem alcohol and drug use</li> <li>• Overview of the SAOR model of intervention for problem alcohol and drug use</li> <li>• Establishing a supportive working relationship with the service users</li> <li>• Asking about alcohol and drug use and screening for alcohol and drug-related problems</li> <li>• Delivering a structured brief intervention based upon the SAOR model</li> <li>• Developing appropriate care pathways for service users and arranging appropriate follow up</li> <li>• Accessing useful links and reference materials for further reading and research</li> </ul>	
<b>Learning Outcomes:</b> On completion of this course, participants should be able to: <ul style="list-style-type: none"> <li>• Critically discuss problem alcohol and drug use as it impacts their current work or area of practice</li> <li>• Demonstrate an enhanced knowledge and awareness of contemporary models of screening and brief intervention for problem alcohol and drug use</li> <li>• Identify problem alcohol and drug users who present to health and social care settings</li> <li>• Utilise the SAOR model of Screening &amp; Brief Intervention (SBI) in practice based scenarios</li> <li>• Discuss the application of the SAOR model of screening and brief intervention for problem alcohol and drug use into their practice</li> </ul>	
<b>Trainer Profile:</b> Brendan Murphy is an accredited counsellor, supervisor and trainer in a number of evidence-based therapies. He works as the Regional Training Officer for the HSE West Drugs Service and has been using and training others in the use of SAOR since 2010. Following training as a trainer with the originators of the SAOR model James O'Shea and Paul Goff, Brendan completed an MA degree on brief interventions based on the use of the SAOR model in community settings.	
<b>How to book:</b> Complete the general booking form on page 19 (stating the name and date of the course) and return to: Training. WRDTF, Unit 6, Galway Technology Park, Parkmore, Galway or email: training@wrdtf.ie	
<b>Certification/Accreditation:</b> A Certificate of Attendance will be awarded on completion of the training	

<b>Title:</b> Steroids	
<b>Course Duration: 1 day</b>	
<b>Who should attend?</b> <ul style="list-style-type: none"> <li>▪ Workers in organisations with a duty of care to potential users of steroids</li> <li>▪ Managers of sporting venues / teams</li> <li>▪ Professionals with an interest in the area</li> </ul>	<b>Date &amp; Location:</b>  February 12: Galway
<b>Number of Places Available:</b> 20	<b>Trainer:</b> Tim Bingham
<b>Course Description:</b>  The course is intended to give an overview of steroid use in Ireland including how to respond from an individual and organisation perspective.	
<b>Course Content:</b> <ul style="list-style-type: none"> <li>• Motivations / reasons for steroid use</li> <li>• Current types of Steroids in use steroid use, availability and prevalence</li> <li>• Legal implications of steroid user</li> <li>• Signs and symptoms of use</li> <li>• Effects of steroid use</li> <li>• Harm reduction advice, including needle use</li> <li>• Other potential performance enhancing substances</li> <li>• Alternatives to steroid use</li> <li>• Responding to steroid use – individual use</li> <li>• Responding to steroid use for organisations</li> </ul>	
<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>▪ Knowledge of current steroid use &amp; effects</li> <li>▪ Understanding &amp; awareness of social implications of steroid use</li> <li>▪ Understanding of practice and policy implications for organisations</li> </ul>	
<b>Trainer Profile:</b>  Tim Bingham is an independent trainer and researcher. Tim has 20 years’ experience working in the drug and alcohol sector. He also has many years’ experience working in the area of Harm Reduction working with active drug users and has also had a number of research studies published. He also co-ordinates the <i>Irish Needle Exchange Forum</i> , which is a national Harm Reduction Forum.	
<b>How to book:</b> Complete the general booking form on page 19 (stating the name and date of the course) and return to: Training, WRDTF, Unit 6, Galway Technology Park, Parkmore, Galway or email: <a href="mailto:training@wrdtf.ie">training@wrdtf.ie</a>	
<b>Certification/Accreditation:</b>  A Certificate of Attendance for completion of the two-day course	



<b>Title:</b>	<b>Putting the Pieces Together (2 Day)</b>	
<b>Course Duration:</b> 2 Days		
<b>Who should attend?</b> Individuals who intend to complete PTPT awareness/prevention courses with young people within organisations and groups in out-of-school settings.	<b>Date &amp; Location:</b> February 18 /19: Roscommon March 3/4: Loughrea, Co. Galway May 5/6: Westport, Co. Mayo	
<b>Number of Places Available:</b> 16	<b>Trainers:</b> Neil Wilson, Education Support Worker Gillian Conway, Education Support Worker	
<b>Course Description:</b>  A two-day training programme on the <i>Putting the Pieces Together</i> training manual, its content and use, incorporating exercises from the manual. This manual sets out to harness an integrated holistic approach to working with young people, parents and communities on the subject of drugs & alcohol. It aims to act as a guide and a resource for persons working with young people of mixed abilities in an out-of-school setting.		
<b>Course Content:</b>  <ul style="list-style-type: none"> <li>▪ To explore and challenge attitudes in relation to substance use</li> <li>▪ To enhance knowledge and understanding of substance use</li> <li>▪ To explore how drugs affect the brain and elicit their effects</li> <li>▪ To develop skills in delivering drugs and alcohol education</li> <li>▪ To develop an understanding of best practice in substance use education</li> <li>▪ To develop skills in relation to talking to young people about substance use</li> <li>▪ To give an introduction into the use of brief interventions</li> <li>▪ To develop an understanding of how to use the resource <i>Putting the Pieces Together</i></li> <li>▪ To be aware of services available locally and nationally</li> </ul>		
<b>Learning Outcomes:</b>  <ul style="list-style-type: none"> <li>▪ Knowledge of up-to-date information concerning substance use</li> <li>▪ Capacity to provide an holistic approach in substance awareness/prevention education</li> <li>▪ Ability to deliver an awareness/prevention course encompassing issues of self-esteem, mental/sexual health, relationships and skills such as communications/decision making.</li> </ul>		
<b>Further inquiries:</b>  For Mayo and Roscommon contact Gillian Conway on 086-7814779 <a href="mailto:gconway@southmayo.com">gconway@southmayo.com</a> For Galway City and County contact Neil Wilson on 086-7274888 <a href="mailto:neil@aidswest.ie">neil@aidswest.ie</a>		
<b>How to book:</b>  Complete the <i>Putting the Pieces Together</i> booking form on page 20 (stating the name and date of the course) and return to: Training. WRDTF, Unit 6, Galway Technology Park, Parkmore, Galway or email: <a href="mailto:training@wrdtf.ie">training@wrdtf.ie</a>		
<b>Certification/Accreditation:</b>  A Certificate of Attendance will be awarded on completion of the training		

<b>Title:</b> Basic Drug Awareness	
<b>Course Duration:</b> 2-4.30pm	<b>Date:</b> 26 February
<b>Who should attend?</b> People with an interest in this general area. Workers/volunteers who wish to gain knowledge of drugs and alcohol and their effects.	<b>Location:</b> Jigsaw, Galway City
<b>Number of Places Available:</b> 16	<b>Trainer:</b> Neil Wilson
<b>Course Description:</b> An introduction to drugs and alcohol, their effects and the main issues surrounding substance use.	
<b>Course Content:</b> An introduction to drug types, their definition and classification with regard to the main effects. Exploration of the reasons why someone might choose to use substances and an overview of current concerns in this area including national statistics and facts. This course incorporates legal, illegal, prescription and over-the-counter substances.	
<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>• Participants will be better informed on the topic</li> <li>• Participants will be more aware of signs and symptoms of substance use</li> <li>• People can apply a safer attitude to substance use in their own lives/homes incorporating harm reduction philosophy</li> <li>• Increased awareness of support services available and how to refer to appropriate services</li> </ul>	
<b>Trainer Profile:</b> Neil Wilson, Education Support Worker employed by AIDS West, a post funded by the Western Region Drugs Task Force. Neil provides education and training to groups and agencies in Galway City and County. Neil also delivers holistic drug and alcohol education/prevention programmes to young people, parents, professionals, organisation, ethnic minorities, at-risk groups and communities where a need has been identified.  Contact Details: 087-7274888 email: <a href="mailto:neils@aidswest.ie">neils@aidswest.ie</a>	
<b>How to book</b>  Complete the general booking form on page 19 (stating the name and date of the course) and return to: Training. WRDTF, Unit 6, Galway Technology Park, Parkmore, Galway or email: <a href="mailto:training@wrdtf.ie">training@wrdtf.ie</a>	
<b>Certification/Accreditation:</b>  A Certificate of Attendance will be awarded on completion of the training	

<b>Title:</b> Responding to Family Needs in Relation to Drug and Alcohol Use	
<b>Course Duration:</b> 2 hour Information Session	
<b>Who should attend?</b> <ul style="list-style-type: none"> <li>▪ Key workers</li> <li>▪ Community Workers</li> <li>▪ Youth Workers</li> <li>▪ Family Support Workers</li> <li>▪ Social Workers</li> </ul>	<b>Dates &amp; Locations:</b>  March 3 Oughterard, Co. Galway  May 21 Galway City
<b>Number of Places Available:</b> 15	<b>Trainer:</b> See further inquiries
<b>Course Description:</b>  A 2-hour information session to highlight the experience of families affected by substance use and ways to respond	
<b>Course Content:</b> <ul style="list-style-type: none"> <li>▪ How many families are affected?</li> <li>▪ Types of substances used</li> <li>▪ Models of addiction</li> <li>▪ How are families affected?</li> <li>▪ How families cope?</li> <li>▪ Stress strain coping support model</li> <li>▪ Ways to respond</li> </ul>	
<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>• Increase awareness of the effects on families dealing with substance use</li> <li>• Increased awareness of referral options/support pathways</li> <li>• Increased awareness of ways to respond to families coping with substance use</li> </ul>	
<b>Further inquiries:</b>  For Connemara contact Debbie McDonagh <a href="mailto:debbie.mcdonagh@wrdtf.ie">debbie.mcdonagh@wrdtf.ie</a> or 087-6955557 For Galway City contact Liam O Loughlin <a href="mailto:liam.oloughlin@gretb.ie">liam.oloughlin@gretb.ie</a> or 087-6217728	
<b>How to book:</b>  Complete the general booking form on page 19 (stating the name and date of the course) and return to: Training. WRDTF, Unit 6, Galway Technology Park, Parkmore, Galway or email: <a href="mailto:training@wrdtf.ie">training@wrdtf.ie</a>	
<b>Certification/Accreditation:</b>  A Certificate of Attendance will be awarded on completion of the training	

<b>Title:</b> Developing a Substance Use Policy	
<b>Course Duration:</b> 2 Hours	
<b>Who should attend?</b> As identified in the National Drugs Strategy; there is a need to promote the development of substance use policies in a number of key areas. These are; <ul style="list-style-type: none"> <li>• workplaces</li> <li>• sports, community and voluntary organisations</li> <li>• educational establishments</li> </ul>	<b>Dates and Venues:</b>  March 6 Castlebar, Co. Mayo  April 17 Roscommon  April 23 Galway City
<b>Number of Places Available:</b> Maximum 10	<b>Trainers:</b> WRDTF Community Liaison Workers (See below for details)
<b>Course Description:</b> This two- hour seminar provides an introduction to substance use policy development for all groups, organisations, companies or clubs whether established as a specific substance use service or not.  The seminar will be useful to any groups, organisations, companies or clubs who: <ul style="list-style-type: none"> <li>• Want to develop a substance use policy</li> <li>• Have an existing substance use policy but would like to update it</li> <li>• and in particular; groups, organisations, companies or clubs whose role involves dealing with people actively using substances.</li> </ul>	
<b>Course Content:</b> This two-hour seminar provides an introduction to substance use policy development for all groups, organisations, companies or clubs whether established as a specific substance use service or not. The seminar will be useful to any groups, organisations, companies or clubs who: want to develop a substance use policy or have an existing substance use policy but would like to update it. The seminar aims to provide you and your organisation with; <ul style="list-style-type: none"> <li>• an understanding of the importance of having an up-to-date substance use policy;</li> <li>• an understanding of the stages involved in developing or updating a substance use policy;</li> <li>• useful templates and resources to assist in developing a substance use policy</li> </ul>	
<b>Learning Outcomes:</b> This seminar will equip those attending with the necessary information and resources to develop their own substance use policy which is appropriate to their setting.  The Western Region Drugs Task Force, Community Liaison Worker will provide additional support in the community where needed.	
<b>Further inquiries:</b> <b>Galway City &amp; Connemara:</b> Liam O Loughlin <a href="mailto:liam.oloughlin@gretb.ie">liam.oloughlin@gretb.ie</a> <b>East Galway &amp; South Roscommon:</b> Emmet Major <a href="mailto:emmet.major@gretb.ie">emmet.major@gretb.ie</a> <b>Mayo &amp; North Roscommon:</b> Pat Conway <a href="mailto:pconway@southmayo.com">pconway@southmayo.com</a>	
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<b>Certification/Accreditation:</b>  A Certificate of Attendance will be awarded on completion of the training	

<b>Title:</b> New and Emerging Drugs	
<b>Course Duration:</b> 1 Day	<b>Date:</b> 11 March
<b>Who should attend?</b> Professional training targeted at An Garda Síochána, Drug Services, Social Work, medical staff or anyone already working in the drug area	<b>Location:</b> Tuam, Co. Galway
<b>Number of Places Available:</b> 16	<b>Trainer:</b> Neil Wilson
<b>Course Description:</b> The course looks at new and emerging drugs and drug use on a local, national and international basis.	
<b>Course Content:</b> <ul style="list-style-type: none"> <li>▪ Emerging trends of use with ‘traditional drugs’ (e.g. Cannabis and Ecstasy)</li> <li>▪ Newly established drugs (e.g. Mephedrone, MXE, and GBL)</li> <li>▪ Current information on ‘Headshop’ products sourced from the internet or abroad</li> <li>▪ Future possible trends of drug use</li> </ul>	
<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>▪ Knowledge of new trends within existing ‘traditional’ drug categories</li> <li>▪ Knowledge of new and emerging drugs &amp; the psychonaut movement</li> <li>▪ Understanding of reasons behind the changing market for substances (legal &amp; illegal)</li> <li>▪ Understanding of the likely future direction of substance use in the Irish context</li> </ul>	
<b>Trainer Profile:</b>  Neil Wilson, Education Support Worker employed by AIDS West, a post funded by the Western Region Drugs Task Force. Neil provides educations and training to group and agencies in Galway City and County. Neil also delivers holistic drug and alcohol education/prevention programmes to young people, parents, professionals, organisation, ethnic minorities, at risk groups and communities where a need has been identified.  Contact Details: 087-7274888 email: <a href="mailto:neils@aidswest.ie">neils@aidswest.ie</a>	
<b>How to book:</b>  Complete the general booking form on page 19 (stating the name and date of the course) and return to: Training. WRDTF, Unit 6, Galway Technology Park, Parkmore, Galway or email: <a href="mailto:training@wrdtf.ie">training@wrdtf.ie</a>	
<b>Certification/Accreditation:</b>  A Certificate of Attendance will be awarded on completion of the training	

<b>Title:</b> Community Reinforcement Approach (CRA)	
<b>Course Duration:</b> 2 Days	<b>Date:</b> March 18/19
<b>Who should attend?</b> Participants must be working with an active case-load of clients in a key working or counselling capacity who may need to make some changes to their alcohol or other drug use. Ideally, participants will be open to continue on with training to become proficient in the use of CRA reaching a standard for accreditation.	<b>Location:</b>  Galway
<b>Number of Places Available:</b> 15	<b>Trainer:</b> Brendan Murphy & Yvonne Booth
<b>Course Description:</b> The Community Reinforcement Approach ( <b>CRA</b> ) is a comprehensive behavioural programme for treating alcohol and other drug problems. CRA is an evidence-based approach for helping people overcome alcohol and other drug related problems. It is based on the theory that environmental contingencies can play a powerful role in encouraging or discouraging drinking or other drug use. Consequently, it utilises social, recreational, familial, and vocational reinforcers to assist clients in the recovery process. Its goal is to make a sober lifestyle more rewarding than the use of substances.  The course fulfils the basic training requirement for participant to go on and seek accreditation as a CRA Therapist. Additional study and supervised practice will be required in order to achieve accreditation as a CRA Therapist.	
<b>Course Content:</b> This short course will be based upon the work of Robert J Meyers developments in CRA. Participants will be exposed to the theoretical framework and skills necessary to practice as a CRA Therapist and will have an opportunity to observe, discuss and practice a range of CRA skills and protocols.  A description of the CRA Therapist Accreditation Process and costs will also be outlined.	
<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>▪ To have some understanding of the principle of positive reinforcement</li> <li>▪ To have some understanding of how to use the skills of positive reinforcement within a behaviour change context</li> <li>▪ To have experience practicing the skills of CRA</li> <li>▪ To have some ideas of how CRA could be used in their work with service users</li> </ul>	
<b>Trainer Profile:</b> Brendan Murphy is an accredited counsellor, supervisor and trainer in a number of evidence based therapies. He works as the Regional Training Officer for the HSE West Drugs Service and has been using and training others in the use of CRA since 2012. In addition to training as a trainer with the co-developer of CRA, Professor Robert J Meyers he has also trained in the CRA sister models of Community Reinforcement Approach Family Training (CRAFT) and the Adolescent Community Reinforcement Approach (ACRA)	
<b>How to book:</b> Complete the general booking form on page 19 (stating the name and date of the course) and return to: Training. WRDTF, Unit 6, Galway Technology Park, Parkmore, Galway or email: training@wrdtf.ie	
<b>Certification/Accreditation:</b> A Certificate of Attendance will be awarded on completion of the training	

<b>Title:</b> New Trends in Drug Use	
<b>Course Duration:</b> 10-2pm	<b>Date:</b> 19 March
<b>Who should attend?</b> Youth workers, teachers, social workers, community workers, third level students	<b>Location:</b> Claremorris, Co. Mayo
<b>Number of Places Available:</b> 15	<b>Trainer:</b> Gillian Conway
<b>Course Description:</b>  This training will provide an overview of current substance use behaviours in the west of Ireland and explore some of the reasons for and implications of same.	
<b>Course Content:</b> <ul style="list-style-type: none"> <li>• Overview of common trends</li> <li>• Outline main substances involved in these trends and the reasons for same</li> <li>• Establish a link between trends in use and social, environmental, physical, mental and individual factors</li> <li>• Assess the risks involved in these trends</li> <li>• Inform and suggest alternatives to preferred substances</li> <li>• Explore the implications of use</li> </ul>	
<b>Learning Outcomes:</b> Trainees will be: <ul style="list-style-type: none"> <li>• Informed of current substance use issues</li> <li>• Understand some of the reasons for use</li> <li>• Better understand some of the dependency factors that may develop</li> <li>• Enhance knowledge and understanding of the link between use and well-being</li> <li>• Be able to identify the connection between drug use, physical and mental well-being</li> <li>• Have a sense of the risks involved in drug trends</li> <li>• Be aware of some alternatives to use</li> </ul>	
<b>Trainer Profile:</b> <b>Gillian Conway</b> , Education Support Worker is employed by South West Mayo Development Company, a post funded by the Western Region Drugs Task Force. Gillian provides a specialist education resource aiming to promote the health and well-being of young people, parents and communities in Roscommon and Mayo. Services provided include parents' education groups, professional up-skilling and capacity building, facilitation of high-risk groups, community seminars, information sessions and programmes designed to meet identified needs.  Contact Details: 086-7814779 email: <a href="mailto:gconway@southmayo.com">gconway@southmayo.com</a>	
<b>How to book:</b> Complete the general booking form on page 19 (stating the name and date of the course) and return to: Training. WRDTF, Unit 6, Galway Technology Park, Parkmore, Galway or email: <a href="mailto:training@wrdtf.ie">training@wrdtf.ie</a>	
<b>Certification/Accreditation:</b>  A Certificate of Attendance will be awarded on completion of the training	

<b>Title:</b> Putting the Pieces Together Refresher	
<b>Course Duration:</b> 1 Day	<b>Date:</b> 6 May
<b>Who should attend?</b> Individuals who have completed the two day Putting the Pieces Together training course and would like to refresh their skills and get updated information regarding the use of the Putting the Pieces Together Manual.	<b>Location:</b> Claregalway, Co. Galway
<b>Number of Places Available:</b> 16	<b>Trainer:</b> Neil Wilson
<b>Course Description:</b> A one-day course to enable participants who have already completed the two-day <i>Putting the Pieces Together</i> training programme to refresh and update their skills.	
<b>Course Content:</b> <ul style="list-style-type: none"> <li>• Sharing good practice amongst participants</li> <li>• How the WRDTF can support you in devising programmes</li> <li>• Issues arising from using the <i>Putting the Pieces Together</i> manual with young people</li> <li>• New developments and trends concerning substance misuse</li> </ul>	
<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>▪ Knowledge of up-to-date information concerning substance use</li> <li>▪ Capacity to provide an holistic approach in substance awareness/prevention education</li> <li>▪ Ability to deliver an awareness/prevention course encompassing issues of self-esteem, mental/sexual health, relationships and skills such as communications/decision making.</li> </ul>	
<b>Trainer Profile:</b> <b>Neil Wilson</b> , Education Support Worker employed by AIDS West, a post funded by the Western Region Drugs Task Force. Neil provides educations and training to group and agencies in Galway City and County. Neil also delivers holistic drug and alcohol education/prevention programmes to young people, parents, professionals, organisation, ethnic minorities, at risk groups and communities where a need has been identified. Contact Details: 087-7274888 email: <a href="mailto:neils@aidswest.ie">neils@aidswest.ie</a>	
<b>How to book:</b> Please contact the WRDTF for a <b><i>Putting the Pieces Together</i></b> Refresher booking form. WRDTF Training, Unit 6, Galway Technology Park, Parkmore, Galway or email: <a href="mailto:training@wrdf.ie">training@wrdf.ie</a>	
<b>Certification/Accreditation:</b> A Certificate of Attendance will be awarded on completion of the training	



<b>Title:</b> Over-the-Counter Medications	
<b>Course Duration:</b> 1 Day (10am-4pm)	<b>Date:</b> 4 June
<b>Who Should attend:</b> Youth Workers and people who wish to develop awareness in this area.	<b>Location:</b> Castlebar, Co. Mayo
<b>Number of Places Available:</b> 12	<b>Trainer:</b> Gillian Conway
<b>Course Description:</b> An exploration of over-the-counter substances with regard to effects, harms and alternatives. This course will also cover some prescription medications.	
<b>Course Content:</b>  A one-day training course that introduces over-the-counter substances with regard to their main effects. This training focuses on potential unwanted effects or harms that can be caused by the contraindicated use, misuse and overuse of medication and its interaction with other substances. The course employs a harm reduction approach and enhances one's ability to identify risks and make informed, safer personal and professional decisions. It encourages the user to explore reasons for use and causative factors, highlighting the potentially damaging pattern that symptomatic responses can harvest, and explores healthy alternatives.  If deemed necessary, a brief intervention module can be included as a tool to communicate around this issue.	
<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>▪ To be more informed of over-the-counter/ prescription medication types</li> <li>▪ To be able to reduce harm and signpost healthy alternatives</li> <li>▪ To feel more competent in addressing this issue with clients (if applicable)</li> <li>▪ To employ safer use of these substances</li> <li>▪ To be generally more aware of this area and promote it in the wider community</li> </ul>	
<b>Trainer Profile:</b>  Gillian Conway, Education Support Worker is employed by South West Mayo Development Company, a post funded by the Western Region Drugs Task Force. Gillian provides a specialist education resource aiming to promote the health and well-being of young people, parents and communities in Roscommon and Mayo. Services provided include parents' education groups, professional up-skilling and capacity building, facilitation of high-risk groups, community seminars, information sessions and programmes designed to meet identified needs.  Contact Details: 086-7814779 email: <a href="mailto:gconway@southmayo.com">gconway@southmayo.com</a>	
<b>How to book:</b> Complete the general booking form on page 19 (stating the name and date of the course) and return to: Training. WRDTF, Unit 6, Galway Technology Park, Parkmore, Galway or email: <a href="mailto:training@wrdtf.ie">training@wrdtf.ie</a>	
<b>Certification/Accreditation:</b>  A Certificate of Attendance will be awarded on completion of the training	

<b>Title:</b> Solution Focused Brief Therapy 2	
<b>Course Duration:</b> 2 Days	<b>Date:</b> 10/11 June
<b>Who should attend?</b>  Those who have completed Solution Focused Therapy 1	<b>Location:</b>  Roscommon
<b>Number of Places Available:</b> 15	<b>Trainer:</b> Brendan Murphy
<b>Course Description:</b> Solution Focused Brief Therapy (SFBT) is a short-term goal-focused psychotherapy that helps clients change by creating solutions to their difficulties rather than dwelling on the cause of their problems. SFBT was developed by Steve de Shazer and Insoo Kim Berg. This short course will help participants who have already been using SFBT skills in their work with service users to advance their understanding and improve their ability to practice SFBT more skilfully. The course will afford participants the opportunity to observe, discuss and practice a range of SFBT skills.	
<b>Course Content:</b> Over the two days the participants will advance their theoretical understanding and practice of SFBT. The training material and techniques will include; <ul style="list-style-type: none"> <li>▪ More on how to find 'What's Better'</li> <li>▪ Using the E.A.R.S skills</li> <li>▪ Working with process and content issues</li> <li>▪ Co-constructing solution focused goals</li> <li>▪ Finding new exceptions</li> <li>▪ What to do when "nothing works"</li> <li>▪ Uncovering strengths</li> </ul>	
<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>▪ To broaden participants understanding of the theory of SFBT.</li> <li>▪ To increase skilfulness in the use of SFBT with service users.</li> <li>▪ To increase ability to integrate the SFBT approach with service users.</li> <li>▪ To practice new SFBT techniques through the use of role play.</li> </ul>	
<b>Trainer Profile:</b> Brendan Murphy is an accredited counsellor, supervisor and trainer in a number of evidence-based therapies. He works as the Regional Training Officer for the HSE West Drugs Service and has been using and training others in the use of SFBT since 1996. Brendan has undertaken and completed a range of advanced SFBT trainings including training with one of the founders of SFBT, Steve de Shazer.	
<b>How to book:</b> Complete the general booking form on page 19 (stating the name and date of the course) and return to: Training. WRDTF, Unit 6, Galway Technology Park, Parkmore, Galway or email: <a href="mailto:training@wrdtf.ie">training@wrdtf.ie</a>	
<b>Certification/Accreditation:</b> A Certificate of Attendance will be awarded on completion of the two day course	

<b>Title:</b> SAOR: Brief Intervention for Alcohol Use Train the Trainer	
<b>Course Duration:</b> 2 day	<b>Expressions of Interest to</b> <a href="mailto:training@wrdtf.ie">training@wrdtf.ie</a>
<b>Who should attend?</b> This training is targeted at health and social care workers from the Community, Voluntary & Statutory Sectors who wish to become SAOR Trainers in the Western Region. Applicants must meet the training criteria and have agreement from their organisation and/or their manager to deliver 2 X 1 day SAOR trainings per year (in conjunction with the WRDTF/HSE).	<b>Training Criteria:</b> Applicants should ideally have an underpinning knowledge of health behaviour change approaches and have a role in training others. <b>Applicants must have completed the following:</b> <ul style="list-style-type: none"> <li>▪ Motivational Interviewing 1 (Since 2013)</li> <li>▪ Motivational Interviewing 2 (Since 2013)</li> <li>▪ SAOR: Brief Intervention for Alcohol Use</li> </ul> <b>Applicants must also:</b> <ul style="list-style-type: none"> <li>▪ Have group facilitation skills</li> <li>▪ Agree to deliver 2 SAOR Trainings in 2015/16</li> <li>▪ Participate in Trainers Forum &amp; Evaluations</li> </ul>
<b>Number of Places Available:</b> 12	<b>Trainers:</b> Brendan Murphy & James O'Shea
<b>Course Content:</b> As the purpose of the SAOR training for trainers course is to prepare potential trainers to deliver 1 day courses on the SAOR model participants will be expected to absorb, understand and reproduce a wide range of information, practice and skills in the following: <ul style="list-style-type: none"> <li>▪ Evidence for the effectiveness of Screening &amp; Brief Intervention (SBI).</li> <li>▪ Alcohol and drug related presentations to health and social care settings.</li> <li>▪ Contemporary models of SBI for problem alcohol and drug use.</li> <li>▪ A detailed view of the SAOR model of intervention for problem alcohol and drug use.</li> <li>▪ Establishing a supportive working relationship with the service users.</li> <li>▪ Asking about alcohol and drug use and screening for alcohol and drug related problems.</li> <li>▪ Delivering a structured brief intervention based upon the SAOR model.</li> <li>▪ Group management and presentation skills</li> <li>▪ Developing appropriate care pathways for service users and arranging appropriate follow up.</li> <li>▪ Accessing useful links and reference materials for further reading and research.</li> </ul>	
<b>Learning Outcomes:</b> At the completion of the course each participants will be paired with another participant to deliver the 1 day SAOR training under the guidance of the WRDTF. Each pair of participants will be expected to satisfactorily deliver at least two SAOR training courses before being signed off by the HSE/WRDTF as SAOR Trainers. Following this process, SAOR trainers will be recognised as a certified SAOR trainer and be in a position to deliver SAOR training individually to appropriate groups.	
<b>Trainer Profiles:</b> Brendan Murphy is an accredited counsellor, supervisor and trainer in a number of evidence-based therapies. He works as the Regional Training Officer for the HSE West Drugs Service and has been using and training others in the use of SAOR since 2010. Following training as a trainer with the originators of the SAOR model James O'Shea and Paul Goff, Brendan completed an MA degree on brief interventions based on the use of the SAOR model in community settings.  James O'Shea is a qualified Counsellor/Psychotherapist (BACP) and Accredited Addiction Counsellor (ACI), Registered Psychiatric Nurse and Registered General Nurse (NMBI). His academic qualifications include a first class Honours Degree in Counselling/Psychotherapy as well as a first class honours Postgraduate Diploma and Masters Degree in Adult Education. James is a member of the International Network of Motivational Interviewing Trainers (MINT). He is an experienced Trainer and has worked in the Irish Health Service for 28 years. He is co-author and developer of the SAOR model of brief Intervention.	
<b>How to book:</b> Interested parties should contact the WRDTF for the SAOR Train the Trainer Information Pack. It is anticipated that the Train the Trainer course will take place in late 2015.	

## General Training Booking Form

<b>Name of Course</b>	
<b>Date of Course</b>	
<b>Applicant Details</b>	
<b>Name:</b>	
<b>Position Held:</b>	
<b>Phone No:</b>	
<b>Email:</b>	
<b>Organisation Details</b>	
<b>Name of Organisation:</b>	
<b>Organisation details:</b>	
<b>Profile of your target group:</b>	
<b>Address:</b>	
<b>Contact Details</b>	
<b>Training Application</b>	
<b>Have you previously completed any drug/alcohol training?</b>  <b>Please give details</b>	
<b>What do you hope to learn from this training?</b>	
<b>Any other comment</b>	
<b>Please return booking form to:</b> Training. WRDTE, Unit 6, Galway Technology Park, Parkmore, Galway or email: <a href="mailto:Training@wrdtf.ie">Training@wrdtf.ie</a>	

## Putting The Pieces Together (2 day)Booking Form

<b>Course Location &amp; Date</b>		
<b>Applicant Details</b>		
<b>Name:</b>		
<b>Organisation:</b>		
<b>Position Held</b>		
<b>Profile of Target Group:</b>		
<b>Phone No:</b>		
<b>Email:</b>		
<b>Training Application</b>		
<b>Have you attended a drugs/alcohol education programme before?</b>	<b>YES</b>	<b>NO</b>
<b>If yes, how long ago was this?</b>		
<b>Have you used it in your work to-date?</b>	<b>YES</b>	<b>NO</b>
<b>If yes, give details</b>		
<b>Why do you want to attend this training?</b>		
<b>Do you currently carry out drugs/alcohol education?</b>	<b>Yes</b>	<b>No</b>
<b>Give details</b>		
<b>How would you describe your knowledge of drugs</b> <b>(please circle one)</b>	1. None 2. Some 3. Good 4. Personal experience/TV documentaries/own research etc. 5. Extensive other courses completed	
<b>In your opinion, are there any barriers to you carrying out drug/alcohol education in the future?</b>	<b>Yes</b>	<b>No</b>
	<b>If yes please specify</b>	
<b>Any Other Comment</b>		
<b>Please return booking form to:</b> Training. WRDTF, Unit 6, Galway Technology Park, Parkmore, Galway or email: <a href="mailto:training@wrdtf.ie">training@wrdtf.ie</a>		

## Specifically Tailored Training Request

### Organisation/Group Details

<b>Name of Organisation:</b>	
<b>Services provided by your organisation:</b>	
<b>Profile of Target Group:</b>	
<b>Address:</b>	
<b>Phone No:</b>	
<b>Email:</b>	
<b>Contact Person:</b>	

### Training Request Information

<b>Target Group/audience:</b>	
<b>Size of group:</b>	
<b>Details of training requirements:</b>	
<b>Desired learning outcomes:</b>	
<b>Any specific learning requirements:</b>	
<b>When would you like this training to take place: (please specify date)</b>	
<b>Venue for training:</b>	
<b>Completed by:</b>	<b>Name:</b> <b>Position in Organisation:</b> <b>Date completed:</b>
<b>Any Other Comment/Info</b>	

**Please return booking form to:**

Training. WRDTF, Unit 6, Galway Technology Park, Parkmore, Galway or email: [Training@wrdtf.ie](mailto:Training@wrdtf.ie)

## Further Training available:

Course Name	Description	For Further Info
<b>GOOD PRACTICE IN DRUG EDUCATION</b>	This course is designed to create a shared understanding of the aims, objectives, rationale, content and use of the Quality Standards manual and its application in a range of drug education settings. It will provide trainees with an opportunity to use the manual and test its application in one of the settings.	<b>Mayo &amp; Roscommon</b> Gillian Conway <a href="mailto:gconway@southmayo.com">gconway@southmayo.com</a> 086-7814779 <b>Galway City &amp; County</b> Neil Wilson 086-7274888 Or <a href="mailto:neil@aidswest.ie">neil@aidswest.ie</a>
<b>WORK PLACE DRUG AWARENESS</b>	Half-day course highlighting work-related substance use and its inclusion in policy. An introduction to substances with potential to be used/misused in the workplace. Guidance on the signs and symptoms and how to address such issues. This course will highlight the importance of employing a substance use policy to support this issue. (This course can take place before or after the seminar on Developing a Substance Use Policy)	<b>Mayo &amp; Roscommon</b> Gillian Conway <a href="mailto:gconway@southmayo.com">gconway@southmayo.com</a> 086-7814779 <b>Galway City &amp; County</b> Neil Wilson 086-7274888 Or <a href="mailto:neil@aidswest.ie">neil@aidswest.ie</a>
<b>DRUGS AND SEXUAL HEALTH</b>	To explore the connections between drug/alcohol use and sexual activity and the consequences of sexual activity. The course will cover: Alcohol use and sexual activity; Drug use and sexual activity; Drugs connected with unwanted sexual activity (commonly referred to as 'date rape'); Drug use and the LGBT community; Dealing with consequences; sexually transmitted infections and pregnancy	Neil Wilson 086-7274888 Or <a href="mailto:neil@aidswest.ie">neil@aidswest.ie</a>
<b>RESPONDING TO DRUG RELATED INTIMIDATION REPORTING PROGRAMME</b>	This training day is to support workers (both family support workers and other workers) to facilitate family members experiencing intimidation to understand the options available to them and to avail of supports if they wish to do so. The training accompanies the 'Responding to Intimidation Policy' developed in partnership with the FSN, Gardaí and Progression Routes. The training includes inputs from the FSN, Gardaí, group discussion and skills development.	Debbie McDonagh <a href="mailto:Debbie.mcdonagh@wrdf.ie">Debbie.mcdonagh@wrdf.ie</a> Or 087-6955557
<b>PUTTING THE PIECES TOGETHER (TRAIN THE TRAINER)</b>	A one-day course to enable participants to deliver the two-day <i>Putting the Pieces Together</i> training programme to colleagues within their own organisation. <b>Course Content:</b> <ul style="list-style-type: none"> <li>▪ Exploring the differing philosophies of drug and alcohol education approaches</li> <li>▪ Considering how barriers to introducing <i>Putting the Pieces Together</i> can be overcome</li> <li>▪ Preparing, delivering and receiving feedback on presentations to colleagues covering the major themes of <i>Putting the Pieces Together</i></li> <li>▪ Integrating quality standards (DWEF) into <i>Putting the Pieces Together</i> delivery</li> <li>▪ <i>Putting the Pieces Together</i> Guidelines</li> </ul>	<b>Mayo &amp; Roscommon</b> Gillian Conway <a href="mailto:gconway@southmayo.com">gconway@southmayo.com</a> 086-7814779 <b>Galway City &amp; County</b> Neil Wilson 086-7274888 Or <a href="mailto:neil@aidswest.ie">neil@aidswest.ie</a>

<b>Drug Awareness</b>	<p>A one day workshop to up-skill and inform participants on substance use, its effects and appropriate responses to situations.</p> <p><b>Course Content:</b></p> <p>This course will explore the issue of drugs, and will provide an overview of drug types and effects including new and emerging drugs as well as over-the-counter and prescription medication. It will address the pre-empting factors and how to establish positive alternatives. It incorporates a harm reduction approach in line with best practice standards and will provide information on national findings, reports and campaigns. The course will address models of substance use and the in-depth effects of use, incorporating brain chemistry alteration. It will address current concerns and risks and signpost support and information services. It will also look at how to deal with situations and use of brief interventions</p>	<p><b>Mayo &amp; Roscommon</b>  Gillian Conway  <a href="mailto:gconway@southmayo.com">gconway@southmayo.com</a>  or 086-7814779  <b>Galway City &amp; County</b>  Neil Wilson  086-7274888  Or <a href="mailto:neil@aidswest.ie">neil@aidswest.ie</a></p>
<b>Alcohol Awareness</b>	<p>A one-day training course exploring and developing knowledge of alcohol and its related issues.</p> <p><b>Course Content:</b></p> <p>The training will explore alcohol from a physiological, cultural and behavioural perspective. It will provide detailed information on the effects of alcohol as a chemical; our cultural relationship with alcohol in Ireland; national statistics and research developments and the sometimes co-existing mental health issues. It will address the link between alcohol and risk-taking behaviours, sexual health and mental wellbeing. This course employs harm reduction techniques for people working in this area. It will address young people and 'binge' behaviour, explore preventative and protective factors, and focus on positive/healthy alternatives. It incorporates activities and group work.</p>	<p><b>Mayo &amp; Roscommon</b>  Gillian Conway  <a href="mailto:gconway@southmayo.com">gconway@southmayo.com</a>  or 086-7814779  <b>Galway City &amp; County</b>  Neil Wilson  086-7274888  Or <a href="mailto:neil@aidswest.ie">neil@aidswest.ie</a></p>
<b>Melanotan</b>	<p>The one hour workshop looks at the use of injectable tanning products. The up to date information about current use will also cover legal aspects, medical risks and indications of use. Responses to suspected use, including harm reduction advice will also be discussed.</p>	<p><b>Galway City &amp; County</b>  Neil Wilson  086-7274888  Or <a href="mailto:neil@aidswest.ie">neil@aidswest.ie</a></p>







**Produced by:**

The Western Region Drugs Task Force  
Unit 6, Galway Technology Park, Parkmore, Galway

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