



For health

professionals/care workers

Nottinghamshire

9:30am to 12:30pm

This is the fastest introduction to Wellness Recovery Action Planning

Learn WRAP by creating the bare bones of a personal recovery plan for yourself so that you understand the process from the service users' perspective. The detailed exercises using cards, scissors, sticky tape, as well as the necessary repetition in our standard two day courses are omitted as we understand staff need a different format of training from those of many of the people they care for and have less time. Yes, we all can benefit from planning to be well, just that our starting positions, and the time we can spend learning, varies widely.

Who is the course for?

This is very much for staff of caring organisations. We have welcomed a wide range of NHS professionals and charity workers from all over England and Wales on to our courses.

"Having my own WRAP has helped me with my health and to understand other people's journeys." – Course participant.

Shrink WRAPped?

This short WRAP course does **not** replace the traditional 2 day or 6 half-day training for those in recovery. Staff and carers continue to be welcomed on the longer courses. This workshop covers all aspects of WRAP in a condensed and concise manner. Trainees develop their basic WRAP plan and learn the tools necessary to further development this at home.

We do not cover the 'Crisis' or 'Post crisis' steps of WRAP. These steps are part of our Crisis Planning and Advance Statements courses which meet UK legal requirements.

Outline

- The values and ethics of WRAP
- What does recovery and wellness mean to different people?
- 5 key concepts of recovery / 7 step plan for staying well / learning from crisis
- How best to help those who choose to, and want to continue to, use WRAP

To find out more and to book a place

Email: info@wraptraining.co.uk

Phone: 01163 260444