

How long is this course?

There are two options: a One Day Course and a Two Day Course.

How much does this course cost?

UK costs £700- One Day Course, £1400- Two Day Course excluding VAT, materials and expenses. Contact barbara@helensandersonassociates.co.uk for further information.

USA costs \$1200- One Day Course, \$2400- Two Day Course excluding materials. Contact amandag@helensandersonassociates.com for further information.

Australia costs \$1650 (including GST)- One Day Course, \$3300 (including GST)- Two Day Course excluding materials. Please contact debw@helensandersonassociates.com.au for further information.

Materials

The materials required per participant will be the Person Centred Approach to Risk Workbook priced at £12.95 each.

Person Centred Risk

What does this course cover?

Risk is part of everyday life for everyone. We regularly take risk decisions without even thinking about it - our everyday choices and life changing decisions all contain risk. Every opportunity contains risks - a life without risk is a life without opportunities, without quality, without change.

Yet when it comes to people supported by services, so many people's lives are controlled and stifled by services and professionals seemingly irrational and unbalanced approach to risk. The approach you will be learning about on this course can change this.

Services are good at highlighting the downside of risk - but struggle at thinking about the great opportunities that facing up to risk, and finding positive solutions in a creative and mindful way, could mean for people, their families and their communities. This is what can be achieved by taking a person centred approach to risk.

The participants will attend a 1 or 2 day course to work through actual risk situations using person centred thinking tools and will leave having followed the person centred approach to risk process that focuses on the following areas:

1. Purpose: What are we trying to achieve? How can we use this process to enable the person to have choice and control in their life, as a citizen in their community?
2. People: Who needs to be involved with the person to achieve this?
3. Process: What is the process for thinking about the person and what needs to change in their life? How can we record this? How can we put our actions into practice?
4. Progress: How can we review our progress?

Who is it for?

This course is suitable for senior managers, first line managers, family members and carers and support workers.

One Day Course

This course is for participants who have previously completed person centred thinking training.

Two Day Course

This course is for participants who have not yet had any previous experience of person centred thinking training.

What will people know and be able to do as a result of attending this course?

Participants will be able to address risk situations using person centred thinking tools and following a person centred approach to the risk process including:

- Understanding and agreeing current reality
- Clarifying purpose and success from several perspectives
- Balancing what is important to the person with staying healthy and safe
- Clarifying roles and responsibilities
- Considering contingency plans
- Creative problem solving