

### How long is this course?

Two days

### How much does this course cost?

UK costs £1400 (£700 per day) excluding VAT, materials and expenses. Contact [barbara@helensandersonassociates.co.uk](mailto:barbara@helensandersonassociates.co.uk) for further information.

USA costs \$2400 (\$1200 per day) excluding materials. Contact [barbara@helensandersonassociates.co.uk](mailto:barbara@helensandersonassociates.co.uk) for further information.

Australia costs \$3300 (\$1650 per day) (including GST) excluding materials. Please contact [deb@helensandersonassociates.co.uk](mailto:deb@helensandersonassociates.co.uk) for further information.

### Materials

UK - The materials required per participant will be the Person Centred Thinking Minibook available from [www.inclusiononline.co.uk](http://www.inclusiononline.co.uk) priced at £6.50  
USA and Australia please contact [amanda@helensandersonassociates.co.uk](mailto:amanda@helensandersonassociates.co.uk) or [deb@helensandersonassociates.co.uk](mailto:deb@helensandersonassociates.co.uk)

## Person Centred Thinking Skills

For people being supported by services it is not person centred planning that matters as much as the pervasive presence of person centred thinking. If people who use services are to have positive control over their lives, if they are to have self directed lives within their own communities then those who are around the person, especially those who do the day to day work, need to have person centred thinking skills. Only a small percentage of people need to know how to write good person centred plans, but everyone involved needs to have good skills in person centred thinking; in the value based skills that underlie the planning.

There are a number of reasons for this. Teaching and supporting the use of person centred thinking skills will mean that:

- It is more likely that plans will be used and acted on, that the lives of people who use services will improve.
- You will have a number of ways to get plans started.
- Updating the plans will occur 'naturally', needing less effort and time.

### What does the course cover?

In essential lifestyle planning we have identified a number of person centred thinking skills and our ongoing learning has led to the development of further person centred thinking skills which will make a difference in the lives of people we support when used.

The course covers a number of the 5 skills with opportunities to practice them and think about how to apply them in your work.

### Who is it for?

Everyone.

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

Use person centred thinking tools and being able to:

- Separate what is important to someone from what is important for them.
- Discover what is working and not working in a situation from different perspectives.
- Record how someone communicates through using a communication chart.
- Being able to identify what are core responsibilities and where you can use creativity and judgment.
- Be able to mindfully record learning by using
  - a) learning log and
  - b) the 4 plus 1 questions.

We can train between 18-20 people on this course.

