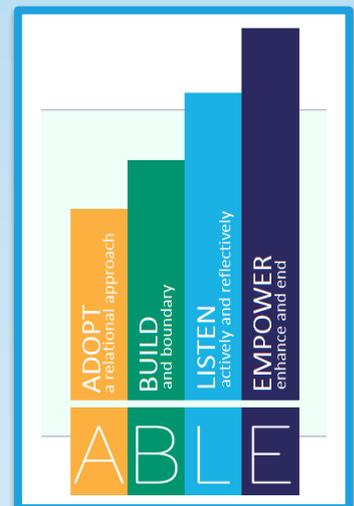




a four staged evidence based model underpinning Ag Eisteacht's training



ABLE Participants were asked:

What would you say to colleagues about this course?

"That it will have a positive impact on your ability to support clients, and that it will increase your sense of empowerment in being able to engage in these interactions with clients"

**Claire,
Occupational Therapist.**

"This course would be particularly important/helpful as a way of 'team building' and bringing a team together when a new service is being developed"

**Sharon,
Senior Psychologist.**

"Very beneficial, practical. Essential for all practitioners to improve reflective practice centered listening, ability to put relationships at the centre of what we do".

**Evelyn,
Senior Speech & Language Therapist.**

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Introduction:

The ABE programme is designed to equip frontline practitioners, working in the health sector with the knowledge, skills and confidence required to adopt a **relational approach** to their professional practice.

Published research, intuition and anecdotal evidence underpins the statement that:

"The quality of our family, couple and social relationships is a key determinant of health and well-being"

It is this unequivocal finding, coupled with Ag Eisteacht's considerable experience in delivering Brief Encounters relational based training since 2001, that has informed the development of and transitioning to the ABE programme. ABE incorporates valuable inputs from previous programme participants, subject matter experts and a variety of respected professionals working in the health services. The four staged brief intervention model underpinning the course is an evidence informed model, which reflects extensive research conducted by Ag Eisteacht and independently evaluated by Research Matters Ltd. In addition, the programme reflects current published research on infant mental health, the evidence base of relational well-being, brain science and attachment theory.

ABE is delivered by two licensed trainers with the first training day typically followed, two weeks later, by the second and third day consecutively. The 3 Day ABE programme is accredited by:

- **IASW** (Irish Association of Social Workers)
- **SCI** (Social Care Ireland)
- **NMBI** (Nursing and Midwifery Board of Ireland) for 16.5 NMBI CEUs.
- **RCSI** Faculty of Nursing and Midwifery for 16.5 CEU's
- **ICGP** (Irish College of General Practitioners) for CPD purposes

Learning Aims:

The ABE programme is designed to:

- Equip practitioners with the knowledge, skills and confidence to adopt a relational approach to their practice, informed by research and the brain science evidence linking relational well-being to health outcomes.
- Explore, through the course material, experiential learning exercises and group discussions, the current research on and application of reflective functioning i.e. "the uniquely human capacity...to make sense of each other" (Peter Fonagy, 2002).
- Relate the stages of family life to service users' situations and consider ways the evidence based information on relationship stages, coupled with key messages from conflict research, can help service users build relationships.

Learning Outcomes:

Following the training, participants will be able to:

- Use the skills of the brief intervention model ABE in day to day practice to provide opportunities to clients and colleagues, to share concerns and challenges they face in establishing and / maintaining healthy and supportive relationships .
- Identify the challenges service users may have in building supportive relationships and gain insights into what their behaviour may mean using evidence based information
- Incorporate mentalisation based skills (i.e. perceiving and interpreting human behaviour in terms of intentional mental states e.g. needs, desires, feelings, beliefs, goals, purposes, and reasons) into their work and outline how they will continue to develop these.

Ag Eisteacht is a leading provider of research based intervention programmes. Commissioned team training available nationwide. Optimum team size ranges from ten to sixteen participants. Please call us on 021-5005915 to discuss your training requirements. For other information on open course dates and bookings visit www.ageisteacht.com.