



Tackling the misuse of alcohol

TRAINING

Glasgow Council on Alcohol has over forty years of experience delivering 1-1 counselling, advice, information and prevention and education services. The development and delivery of training courses is based on research, best practice and a wealth of knowledge and experience. Our trainers are practicing counsellors or workers within the addiction field, aiming to reduce harm caused by alcohol misuse.

Training at Glasgow Council on Alcohol is split into three strands

- Alcohol Awareness
- Counselling skills courses
- Staff and volunteer training

We can tailor courses to the needs of an organisation . select the best option to suit you and your service user.

Open training: offered on pre-set dates, open to all and advertised to a wide market.

On request training: As open training but delivered to a specific group or organisation usually at a facility or a venue of the client's choice.

Tailor made training: Specifically designed and developed to meet a client's particular needs where a mix of training and consultation can be offered.

Whatever your needs, our expert staff will find a solution to suit you and your staff.

For further information on all our training services, please contact Neil Macaulay on 0141 353 1800 or email neil.macaulay@thegca.org.uk

ALCOHOL COURSES

Alcohol Awareness – basic one day course

Dates: 19th May 2009, 20th August 2009, 15th October, 19th November

Venue: Glasgow Council on Alcohol
7th Floor, Newton House,
457 Sauchiehall Street, Glasgow

Costs: £75 per person

This one day course serves as an introduction to the effects of alcohol and to ways of working with people who have problems with alcohol. This course is aimed at participants who have little formal training but whose service users have issues around their alcohol use.

Aim

The purpose of this course is to provide participants with the ability to support service users to make informed choices about their alcohol use.

Learning outcomes

- An increased understanding of the effects of alcohol
- An introduction to strategies when working with people with alcohol problems
- An examination of attitudes to alcohol
- Knowledge of alcohol support services
- Knowledge of alcohol theories and treatment models.

This is an interactive course with large and small group exercises and discussions.

%found this course useful and informative. I learned a lot but it was also fun+

"Training was well facilitated and clearly delivered. Really enjoyed the day

Alcohol Awareness – intermediate two day course

Dates: 29th and 30th October 2009

Venue: Glasgow Council on Alcohol
7th Floor, Newton House,
457 Sauchiehall Street, Glasgow

Costs: £140 per person

This course is designed for people who have some knowledge of alcohol issues (for example those who have already completed our basic alcohol awareness course or equivalent.)

Aim

The purpose of this course is to increase participants knowledge and understanding of alcohol issues and to offer them skills which will enhance their support of service users.

Learning outcomes

- Understanding of the concepts of dependency, addiction and habit
- Understanding of the impact of alcohol on individuals behaviour
- Understanding of the impact of the drinkers behaviour on the people around them and on society
- Understanding of the relationships between alcohol and mental health
- Knowledge of the effects of alcohol and medication
- An introduction to motivational interviewing
- An understanding of basic underlying theories about treating alcohol and service users options when accessing services.

This is an interactive course delivered in a variety of styles to maximise learning. It includes short presentations, large and small group discussions and exercises, practical application of techniques and skills learned on the course

Advanced Alcohol Training – four day course.

Dates: 16th & 17th, 30th & 31st May 2009

Venue: Glasgow Council on Alcohol
7th Floor, Newton House,
457 Sauchiehall Street, Glasgow

Costs: £250 per person

This four day course is designed to give participants working in the addiction field the knowledge and skills they need to effectively support their service users.

Aim

The purpose of this course is to equip participants with knowledge of alcohol and to allow them to develop a range of skills which will improve their practice with service users.

Learning outcomes

- Knowledge of alcohol and its role in society
- An understanding of the nature of alcohol dependency and addiction
- An understanding of the physical and emotional effects of alcohol
- An understanding of the link between alcohol and its effects on people's behaviour
- An understanding of the links between alcohol and mental health
- An introduction to techniques and skills useful in working with people experiencing problems with their alcohol use including Motivational Interviewing/Brief Interventions, Goal Setting, Relapse Prevention and Relapse Management
- An understanding of basic underlying theories about treating alcohol and service users options when accessing services.

This is an interactive course delivered in a variety of styles to maximise learning. It includes short presentations, large and small group discussions and exercises, practical application of techniques and skills learned on the course.

A thorough and comprehensive journey through a variety of aspects of alcohol and how to work with people affected by it. I liked the fact that there were lots of practical hands on activities as well as theory+

"Very informative-pitched excellently...I liked how the exercises were broken down with interaction with different people"

Young People and Alcohol

Dates: 18th June 2009
24th September 2009

Venue: Glasgow Council on Alcohol
7th Floor, Newton House,
457 Sauchiehall Street, Glasgow

Costs: £75 per person

This one day course introduces workers to alcohol and its effects with a specific focus on its impact on young people and offers tools and techniques to enable more effective work with this age group.

Aim

The purpose of this course is to provide participants with the ability to support young people to make informed choices about their alcohol use

Learning outcomes

- An increased understanding of the effects of alcohol on young people
- An understanding of the myths around young people and alcohol
- An examination of attitudes to young people and alcohol
- An awareness of why young people drink and of the images that society has around young people and alcohol
- An awareness of the consequences of mixing alcohol and other drugs
- An introduction to strategies and skills when working with people with alcohol problems
- Knowledge of useful exercises and techniques when working with young people
- Knowledge of alcohol support services for young people

This course will have a mixture of large and small group discussions and exercises and include practical tools that participants can take with them

%An enjoyable course which has given me a range of tools and approaches I can use with my service users.+

%Training was well facilitated and clearly delivered. Really enjoyed the day+.

Women and Alcohol

Dates: 9th June 2009
10th September 2009

Venue: Glasgow Council on Alcohol
7th Floor, Newton House,
457 Sauchiehall Street, Glasgow

Costs: £75 per person

This one day course deals with the issues for women around their alcohol use and ways of working with this client group

Aim

The purpose of this course is to provide participants with the ability to support women to make informed choices about their alcohol use

Learning outcomes

- An understanding of attitudes to women and alcohol and how this can impact on work with service users
- An awareness of why women drink and of the images that society has around women and alcohol
- An increased understanding of the effects, physical and emotional, of alcohol on women
- An understanding of impact of ARBD(particularly FAS) on women
- An introduction to good practice when working with women with alcohol problems
- An introduction to useful skills for this client group

This course will have a mixture of large and small group discussions and exercises and include practical tools that participants can take with them.

%This course has given me more confidence in my ability to work effectively with my clients and I will be able to take what I have learned back to the rest of my team+.

%Training session was excellent, well presented and well put together+.

We have also run similar courses around Older People, Alcohol and Mental Health, Alcohol Related Brain Damage and working with homeless clients.

Brief Interventions

Dates to be confirmed

A Brief Intervention is an evidence based, short interaction with a service user which aims to motivate and support the individual to make changes in their alcohol use.

This is a two day course for participants who have already undergone formal training on alcohol issues (such as GCA Basic Alcohol course)

Aim

The purpose of this course is to provide participants with the ability to use a range of techniques and skills to support service users to make changes in their use of alcohol

Learning outcomes

- Be more comfortable in proactively raising the issue of alcohol
- Be able to establish rapport and adopt an empathic approach
- Be able to give advice and information to individuals to widen their choices
- Be able to support individuals in developing coping strategies
- Be able to use a motivational interviewing approach effectively
- Be able to build the confidence of the individual and enhance their self efficacy
- Have greater confidence in dealing with difficult issues in their service users lives

This is a practice based course with participants getting a chance to put their learning into practice in a safe environment

COUNSELLING SKILLS

Glasgow Council on Alcohol is an accredited centre for the delivery of Confederation of Scottish Counselling Agencies (COSCA) Counselling Skills Certificate Course (Modules 1-4).

Glasgow Council on Alcohol's trainers are accredited with COSCA and have extensive experience within the counselling field. The COSCA counselling skills certificated course delivered by Glasgow Council on Alcohol is a general course and does not have an alcohol focus.

To gain the certificate all four modules and course work must be completed

To download a COSCA leaflet about the Certificate see:

<http://www.cosca.org.uk/docs/318.pdf>

Course Content

Module 1 and 2

The first two modules introduce the core conditions which underpin the major counselling approaches. The focus of these modules is on listening and responding skills with the participants self awareness being developed. A component of these modules is practice based

Modules 3 and 4

These modules introduce the main counselling approaches, with ethical issues and dilemmas within counselling being explored. Module 4 integrates all the learning of skills, knowledge and self-awareness. Learning is practice based

Some feedback from participants who completed the Certificate:

" This course is brilliant, everyone should do it"

"This is the best course I have been on"

"I thought I knew who I was but I've grown so much in self awareness"

".....the journey has been so much better than I expected"

Dates:

Module 1: each Wednesday 6pm - 9pm for 12 weeks from 28th January

Module 2: each Friday 9.30am - 4.30pm for 6 weeks from 9th January

Module 3: each Friday 9.30am . 4.30pm for 6 weeks from 13th March

Module 4: each Friday 9.30am . 4.30pm for 6 weeks from 15th May

Autumn dates

Module 1: each Tuesday 9.30a.m - 4.30p.m. for 6 weeks from 8th September

Module 2: each Tuesday 9.30a.m - 4.30p.m. for 6 weeks from 3rd November

Venue: Glasgow Council on Alcohol
7th Floor, Newton House,
457 Sauchiehall Street, Glasgow

Costs: £250 per person per module

Course order form

Please photocopy this form as needed. Please write in **BLOCK CAPITALS**.

Course title:

Course date:

Name of participant:

Job title:

Organisation:

Address:

Postcode:

Tel:

Email:

How to pay

You will be invoiced for your training course(s). The invoice can be paid by cheque, directly into our account or by credit card.

50% of all COSCA modules must be paid prior to the course starting, with the final 50% by the end of the module. Failure to pay in full will result in certificates not being issued.

Cancellation policy

If you cancel a booking within two weeks prior to the course you will have to pay 25% per cent of the course fee. Cancellation any time in the two weeks leading up to the course will incur the full course fee. You may opt to send another staff member in your place. Glasgow Council on Alcohol reserves the right to cancel courses at its discretion.

Please specify any requirements that you have (for example, access or interpreters)
How did you find out about **Glasgow Council on Alcohol** training courses?

Brochure Website Word of mouth

Email reminder Other (please specify)

Please tick this box if you would like your details to be kept on our database so that occasionally we can send you information about our work.

Please return this form to the address below.

Glasgow Council on Alcohol

Newton House, 457 Sauchiehall Street, Glasgow, G2 3LG

Fax: 0141 353 1030

Email: Irene.mckenzie@thegca.org.uk