Directory of Health Promotion & Health-Related Training for those working with young people in Out-of-School Settings

Produced by
The Health Promotion Department
Health Service Executive
Dublin North East

2007
Foreword

The Health Promotion Service of the HSE Dublin North East has a geographical remit which covers Dublin City and County, north of the river Liffey as well as Counties Meath, Louth, Cavan & Monaghan. The goal of the Health Promotion Service is to work with key stakeholders and partners both within the Health Services and in other relevant sectors to improve the health and quality of life of all population groups within the region. One of the priority target groups for the Health Promotion Service is young people, particularly those who are most marginalised and disenfranchised. Additionally, supporting and training workers who work with young people in out-of-school settings is central to the work of the Health Promotion Department.

In 2005 the Health Promotion Service developed and launched a Strategic Action Plan for Youth Health Promotion in Out-of-School Settings. This document sets out six key priorities for addressing young people’s health in out-of-school settings. Priority 2 of this Action Plan was to identify existing health promotion and health-related training interventions aimed at those working in out-of-school settings. To address this priority, a comprehensive audit of health promotion and health-related training was completed and the results of this audit are compiled and presented in this Directory of Training. This directory will provide all those working in out-of-school settings with information on the range and level of health-related training available to them within the Dublin North East Area and beyond.

This directory is not in any way a judgement or a comment on the quality of the training programmes listed by training providers; it merely sets out to provide practical information on the courses available and the contact details of training providers. The Health Promotion Department hopes that this directory will be of use to all those working in out-of-school settings and provide them with a useful reference point in identifying health-related training that may contribute to knowledge and skills development.

Dr. Nazih Eldin
Area Health Promotion Manager
Health Promotion Department
HSE Dublin North East
Acknowledgements

The Health Promotion Department of the HSE Dublin North East wishes to thanks all those who contributed to the compilation of this Directory of Training. The contributors are as follows:

• Addiction Training Institute / Athlone Institute of Education
• Blossom Development Growth & Reconciliation Services
• Border Counties Childcare Network (BCCN) in association with Health Promotion Department, HSE Dublin North East
• Breaking Through
• Catholic Youth Care
• Children’s Therapy Centre
• Copping On National Crime Awareness Initiative
• Crosscare Drugs Awareness Programme (DAP)
• Disability Consultancy Services
• Dublin AIDS Alliance
• Enneagram Solutions
• EssentialSkillz
• Homeless Agency
• HSE Dublin North East Health Promotion Department
• Irish Family Planning Association
• John Doyle Training & Development
• LifeHandle
• Margaret Curran
• Meitheal
• Midland Training & Education Ltd
• National Adult Literacy Agency
• National Youth Health Programme

The HSE Dublin North East Health Promotion Service would like to take opportunity to acknowledge the important role the Partnership Steering Committee continues to play in directing the work of implementing the Youth Health Strategic Action Plan. Their ongoing expertise and wisdom in steering this initiative is very much appreciated.

Researched, edited & compiled by
Siobhán Mc Grory
Health Promotion, Training & Support Services
Addiction Training Institute / Athlone Institute of Education

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Addiction Training Institute / Athlone Institute of Education
Addiction Training Institute
29 Kildare Street
Dublin 2

ATI – Training & Education aims to provide comprehensive study and training programmes for continuing professional development within the field of addiction. We aim to develop continuously to provide professional and relevant services to meet individual, community and cultural needs. We aim to promote and encourage effective working practice in the area of addiction services, following the guidelines of Best Practice in the fields of Education and Addiction; informed by a multi-disciplinary theoretical knowledge; and driven by critical analysis and reflective skills and abilities.

Jane McNicholas
Course Director
01 – 66 297 37
admin@addiction.ie
www.addiction.ie

Programme Aims and Objectives:
The primary aim of the course is to produce competent workers in the addiction field, with the appropriate multi-disciplinary skills to meet local, regional, and national needs. This course will satisfy the multi-skilled requirements for an individual involved in any addiction environment.

Objectives - Higher Certificate in Arts in Applied Addiction Studies
1. To provide students with a framework and understanding of addiction theories
2. To develop skills and competencies so that individuals can engage and support others in all areas of addiction
3. To develop an understanding of special needs within the area of addiction
4. To provide an understanding of the role of social policy and context in addiction service provision
5. To promote the values of the reflective practitioner

Learning Outcomes - Higher Cert in Arts in Applied Addiction Studies
On completion of the proposed course, each student would be expected to:
• Demonstrate systematic knowledge and understanding of the core areas of study
• Understand the needs of those involved with addiction
• Demonstrate the ability to engage and support individuals in all areas of the addiction process
• Demonstrate an ability to communicate effectively and record accurately the process and outcome of client intervention
• Recognise legal and ethical boundaries as determined by best practice and professional and statutory bodies
• Demonstrate a basic level of understanding of the evolving policy agenda that impacts on the delivery of health care and the practice of addiction work
• Demonstrate the values of the reflective practitioner
• Recognise the need and value of lifelong learning to ensure continued competence to practice

Year 1
• Framework for Understanding Addiction
• Core Conditions of Addiction Counselling
• Introduction to Communication & Research
• Eating Disorders
• Addiction & Loss
• Working with Change in Addiction
• Community, Social, Cultural Perspectives in Addiction

Year 2
• Understanding Drugs
• Psychotherapeutic Approaches to Addiction
• Models of Treatment in Addiction
• Working with Change in Addiction
• Addiction & Abuse
• Behavioural Addictions
• Relapse Management

Year 3
• Drug & Alcohol Policy in Ireland
• Research Methodology
• Creativity & Innovation
• Practitioner Skills
• New Approaches in Addiction Treatment
• Addiction, Young People & Families
• Project Dissertation
• Placements
Additionally, students are required to complete 2 Placement modules of 50 hours each year.
1 Self-Awareness in Addiction Work
2 Developing a Therapeutic Relationship
3 Developing a Care Plan
4 Implementing a Care Plan
5 Service Delivery Contexts
6 Endings & Re-Examination of Self

**Target groups**
Our students come from a range of professional backgrounds, from outreach workers, project workers, community care workers, education professionals, to health care professionals.

**Entry requirements**
The objective for our selection procedure is to ensure that in as far as possible, the course meets the expectations and needs of the applicant, and equally that the applicant will be able to meet the expectations and learning outcomes of the course.
Selection criteria includes consideration of both the following:
A. Educational/Academic qualifications.
B. Experience: This may be work-related or personal experience.
Each applicant is considered on an individual basis. Selected applicants will be interviewed prior to a place being offered.

**Course location**
Dublin, All Hallows College
Athlone – Institute of Technology

**Course dates and/or frequency of delivery**
Start Date September 2007
Part-time – 1 evening a week, & 1 weekend a month (September – May)

**Cost**
€3,950.00 per year

**Assessment**
Examination & continual assessment

**Qualification**
Higher Certificate in Applied Addiction Studies
BA in Applied Addiction Studies

**Accrediting Body**
HETAC
<table>
<thead>
<tr>
<th><strong>Course provider / organisation</strong></th>
<th>Blossom Development Growth &amp; Reconciliation Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address</strong></td>
<td>42 Aughrim Street, Stoneybatter, Dublin 7</td>
</tr>
<tr>
<td><strong>Organisation mission statement</strong></td>
<td>Blossom Development is dedicated to developing young people, adults and groups in communities and organisations to promote good health and best practice. It operates on the principle of Social Inclusion and that fairness and good practice are good for people, society and business</td>
</tr>
<tr>
<td><strong>Contact person</strong></td>
<td>Catherine O’Connell</td>
</tr>
<tr>
<td><strong>Job title</strong></td>
<td>Course Director: Mediator, Facilitator and Coach</td>
</tr>
<tr>
<td><strong>Telephone no</strong></td>
<td>01 8380702; 087 9936237</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:catherine@blossomdevelopment.com">catherine@blossomdevelopment.com</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>To build confidence and develop skills in communicating effectively. To improve self-esteem levels. To know oneself better and to unblock unhelpful beliefs.</td>
</tr>
<tr>
<td><strong>Target groups</strong></td>
<td>Adults interested in Development; Groups recovering from Addictions; Groups supporting those in recovery; Groups working with those in recovery. Also relevant for young people.</td>
</tr>
<tr>
<td><strong>Entry requirements</strong></td>
<td>None</td>
</tr>
<tr>
<td><strong>Course location</strong></td>
<td>Various Locations</td>
</tr>
<tr>
<td><strong>Course dates and/or frequency of delivery</strong></td>
<td>On Request – Courses can be tailored to meet clients needs.</td>
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<tr>
<td><strong>Cost</strong></td>
<td>On Request –</td>
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<tr>
<td><strong>Assessment</strong></td>
<td>Feedback + Evaluation Forms + Certificates Given.</td>
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<tr>
<td><strong>Qualification</strong></td>
<td>Qualification of Director: B.A. Psych, M.A. Mediation</td>
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<td><strong>Course aim &amp; objectives</strong></td>
<td>To identify Bullying Behaviours to build confidence and learn skills that allow one to effectively deal with bullying behaviour, be it in others or myself.</td>
</tr>
<tr>
<td><strong>Brief description of course content</strong></td>
<td>To understand what happens when bullying occurs and to drop assumptions made about people who are bullied and those who bully; Appropriate Communication Styles; How to stay safe; Role Play, Group Discussions, General Discussions; Problem Solving Groups and Hand-Outs</td>
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Course provider / organisation: Blossom Development
Address: 42 Aughrim Street, Stoneybatter, Dublin 7

Organisation mission statement: Blossom Development is dedicated to developing young people, adults and groups in communities and organisations to promote good health and best practice. It operates on the principle of Social Inclusion and that fairness and good practice are good for people, society and business.

Contact person: Catherine O'Connell
Job title: Course Director: Mediator, Facilitator and Coach
Telephone no: 01 8380702; 087 9936237
Email: catherine@blossomdevelopment.com

Course aim & objectives: To Understand the Causes and Effects of Stress and know how to manage stress in our lives. Looking at the internal and external causes, symptoms and effects of Stress, long term and short term, intra-personal, inter-personal and societal. Learning how to manage stress so that we live more holistic, balanced, happy lives.

Brief description of course content: Adults interested in Development; Groups recovering from Addictions; Groups supporting those in recovery; Groups working with those in recovery. Also relevant for young people.

Target groups: None

Entry requirements: Various Locations

Course dates and/or frequency of delivery: On Request – Courses can be tailored to meet clients needs.

Cost: On Request –

Assessment: Feedback + Evaluation Forms + Certificates Given.

Qualification: Qualification of Director: B.A. Psych, M.A. Mediation

Accrediting Body: Open University, University College Dublin
<table>
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</table>
Border Counties Childcare Network (BCCN) in association with Health Promotion Department, HSE Dublin North East

**Address**

<table>
<thead>
<tr>
<th>BCCN Offices</th>
<th>Health Promotion Dept</th>
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</thead>
<tbody>
<tr>
<td>Unit 10d</td>
<td>HSE Dublin NE Offices</td>
</tr>
<tr>
<td>M:TEK Building</td>
<td>St Felim’s Hospital</td>
</tr>
<tr>
<td>Knockaconny</td>
<td>Cavan</td>
</tr>
<tr>
<td>Armagh Road</td>
<td>Co Cavan</td>
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<tr>
<td>Monaghan</td>
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</table>

**Organisation mission statement**

**BCCN Mission Statement**
To promote the development of a co-ordinated, integrated and strategic approach to the delivery of accessible, affordable, culturally appropriate and quality early childhood and out-of-school services

**Health Promotion Dept Mission Statement**
"In partnership with our resident population, their representatives and carers, HSE Dublin North East Health Promotion Function will do its utmost to maintain, protect and promote good health through the provision of quality and cost effective services"

**Contact person**

**BCCN Staff**
- Denise McCormilla, Project Manager
- Mary McSkane, Training Officer

**HSE Dublin NE**
- Ann Moran, Health Promotion Officer

**Telephone no**
- Tel: 047-72469

**Email**
- bccn@eircom.net
- ann.moran@maile.hse.ie

**Course aim & objectives**

This module is a statement of the standards to be achieved to gain an NCVA credit in Shaping Healthier Futures for Early Years Settings at Level 2. It is an elective module for the National Vocational Certificate Level 2 in Childcare.

This module is designed to support the implementation of health promoting elements within early years settings. This is especially pertinent in light of the recent Government Policy on targeting obesity.

**GENERAL AIMS**

1. appreciate health promotion activity
2. develop health and safety promoting practices
3. demonstrate healthy eating behaviours
4. work effectively as a team in promoting safe, healthy pre-school environments

**HEALTH PROMOTION AIMS**

1. explore the concepts of health and health promotion
2. examine the theory and practice of health promotion and how approaches and principles can be integrated into the pre-school setting
3. recognise the Ottawa Charter for Health Promotion
4. understand the health promotion cycle of needs assessment, planning, implementation and evaluation and apply to the pre-school setting
5. illustrate how health promotion links with National Quality Standards for Childcare services
6. reflect on current health promotion practices and identify the key areas for change
7. investigate the supports needed for and barriers to changes in service provision
8. explain the concept of healthy alliances and their application to practice

**NUTRITION AIMS**

1. understand the effect of diet on the health, growth and intellectual development of young children
2. appreciate why early learning settings are the ‘natural and supportive’ environments for healthy foods, snacks and drinks policies
3. analyse the key factors which support children to eat a wide variety of foods in the correct servings using age appropriate portions for their well being, growth and activity
4. develop the ability to plan the provision of a wide variety of healthy foods and drinks in menus, meals and snacks
5. discuss the importance of embracing and applying best health promoting peer practices connecting the influences of role modelling with children learning how to eat
6. support children to adopt lifelong healthy eating attitudes and behaviours
7. identify within the whole early learning environment how to support children to link healthy food choices to their health through eg. Play, curriculum, celebrations, meal, snack times and rewards
8. confidentially engage with parents through appropriate partnerships to raise awareness of health promoting messages
9. develop skills to manage a sustainable healthy foods and drinks policy which is integrated into all aspects of the programme
ORAL HEALTH AIMS
1. understand the link between oral health and general health
2. evaluate evidence based oral health messages
3. advise on the causes and prevention of tooth decay including early childhood caries
4. identify risk factors associated with tooth erosion
5. demonstrate tooth brushing using effective tooth brushing technique
6. recognise opportunities for oral health promotion in the pre-school setting
7. deal with the oral health issues of pre-school children
8. explore oral health promotion links with National Quality Standards

PHYSICAL ACTIVITY AIMS
1. reflect on the importance of physical play and its implications to early childhood development
2. understand the relationship between physical play and health
3. identify four key development skills and create an activity game that targets one of these skills
4. outline the 3 types of movement skills and explore examples of each type through play
5. evaluate various physical play environments
6. understand the association different play environments have on social, emotional and physical development of a child
7. understand the fundamentals of fun and enjoyment in physical play and use play to promote healthy lifestyle practices
8. demonstrate a selection of activities adhering to safety standards that effectively promote areas of child’s physical development

HEALTH & SAFETY AIMS
1. understand the impact of a safe and health promoting physical environment
2. recognise the importance of meeting with relevant health promoting legislation
3. design safe and health promoting policies applicable to their service environment
4. examine their environment for risks to health
5. assess their environment for risks to health
6. demonstrate the development of health and safety health checklists
7. perform healthy and safe practices among staff
8. encourage healthy and safe practices among the children

Brief description of course content
5 Sections
• Health Promotion
• Oral Health
• Nutrition
• Physical Activity
• Health & Safety

Target groups
Pre-school management & staff, Parents and pre-school children

Entry requirements
National Vocational Certificate Level 2, Leaving Certificate or equivalent qualifications and/or relevant life and work experiences

Course location
Cavan, Louth, Meath & Monaghan

Organised by BCCN- contact BCCN directly for further details.

Cost
No cost for Smart Start pack or audio-visual aids- printing & equipment sponsored by HSE Dublin NE. Contact BCCN re payment to tutors for delivering training to pre-school management & staff

Assessment
No formal examinations. BCCN tutors will carry out visits to pre-schools to inspect policies and changes in practice on the pre-school premises

Qualification
FETAC Certificate Level 5

Accrediting Body
FETAC
Course provider / organisation: Breaking Through
Address: 51 Main Street
Leixlip
Co. Kildare

Organisation mission statement: To support Practitioners working with young people at risk

Contact person: Marie Halligan
Job title: National Development Officer
Telephone no: 353 1 6060858
Email: info@breakingthrough.org

Course aim & objectives: To provide and facilitate through workshops and key speakers best practice on issues pertaining to and affecting the work of practitioners working with young people at risk

Brief description of course content: Sample of workshops provided
- Bullying
- Suicide
- Mentoring
- Anger management
- Sexuality Issues
- Staff Support
- Challenging Behaviour
- Substance Misuse

Target groups: Practitioners working with young people at risk
i.e. in Youthreach, Traveller Training Centres, School Completion Programmes, Drug Task Forces, J.L.O. Health Promotion, Teachers, Social Workers

Entry requirements: Payment of Fee

Course location: Conferences are held throughout Ireland

Course dates and/or frequency of delivery: Annually

Cost: €350 approx residential

Assessment: Participant evaluation

Qualification: N/A

Accrediting Body: N/A
<table>
<thead>
<tr>
<th><strong>Course provider / organisation</strong></th>
<th>Catholic Youth Care</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address</strong></td>
<td>Arran Quay</td>
</tr>
<tr>
<td></td>
<td>Dublin 7</td>
</tr>
<tr>
<td><strong>Organisation mission statement</strong></td>
<td>The Mission of Catholic Youth Care is to promote a youth work response that is caring, compassionate and Christian and enables young people to participate more fully in the life of society and church.</td>
</tr>
<tr>
<td><strong>Contact person</strong></td>
<td>Irene McIntosh</td>
</tr>
<tr>
<td><strong>Job title</strong></td>
<td>Child Protection Officer</td>
</tr>
<tr>
<td><strong>Telephone no</strong></td>
<td>01 8725055</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:imcintosh@cyc.ie">imcintosh@cyc.ie</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>Catholic Youth Care is committed to the safety and well being of children in our care. CYC has a dedicated Child Protection Office with responsibility for Garda Vetting, child abuse referrals, volunteer application process, provision of training for staff and volunteers, monitoring of implementation of CYC child protection policies and procedures and code of good practice. The aim of the course is to provide participants with information, awareness and knowledge in relation to child protection issues.</td>
</tr>
</tbody>
</table>
| **Brief description of course content** | • Aims, Objectives, group work.  
• Legislative Context, CP Guidelines.  
• Definitions of abuse.  
• Statistics and useful information.  
• Signs and symptoms of abuse.  
• How to deal with disclosure, allegation or suspicion.  
• Reporting procedures - Role plays on how to handle disclosure.  
• Recruitment and Selection  
• Practical Matters – record keeping, health and safety and recording procedures.  
• CYC Code of Good practice - roleplays and scenarios.  
• Role of Designated Officer.  
• Needs based training e.g. Residential settings  
• Evaluation |
| **Target groups**                  | Staff / Volunteers & Affiliated groups |
| **Entry requirements**             | None - CP Training is mandatory |
| **Course location**                | Dublin Diocese      |
| **Course dates and/or frequency of delivery** | Needs-based - on request. |
| **Cost**                           | Free to affiliated groups |
| **Assessment**                     | Continuous assessment through evaluation |
| **Qualification**                  | N/A                 |
| **Accrediting Body**               | VDA / CYC           |
**Course provider / organisation**
Catholic Youth Care & Copping On National Crime Awareness Initiative in association with NUI Maynooth

**Address**
CYC, Arran Quay, Dublin 7

** Organisation mission statement**
N/A

**Contact person**
Louise Cadwell (Course Co-ordinator)

**Job title**
Co-ordinator of Drugs Initiatives

**Telephone no**
01-8725055

**Email**
lcadwell@cyc.ie

**Course aim & objectives**
The course aims to provide a comprehensive overview of the key aspects of youth justice for those with a professional interest in/responsibility for the welfare and development of children and young people, while also providing the professional sectors concerned with relevant and up to date training and education at a time of significant developments in policy and provision.

By the end of the course the participants will have:

1. Gained an understanding of the theoretical perspectives and research findings (psychological and sociological) on young people, their needs, lives and lifestyles and their position in contemporary society;
2. Developed an appreciation of the differential circumstances and experiences of different groups and categories of children and young people;
3. Developed a critical awareness and understanding of the theoretical, conceptual and empirical background to the study of crime and justice, with particular reference to children and young people;
4. Been provided with detailed information of the youth justice service and its relationship to other services for children and young people;
5. Gained an understanding of the principles and practices of working with young people and adults in youth justice contexts; and
6. Demonstrated competence in planning, executing and the evaluation of structured activities in an area related to youth justice.

**Brief description of course content**
- **Module 1:** Children & Young People in Society
- **Module 2:** Youth Crime & Justice
- **Module 3:** The Youth Justice Service & Other Youth Services
- **Module 4:** Working with Young People & Justice Issues/Introduction to Principles & Practice
- **Module 5:** Design & Delivery of a Youth Justice Activity/Programme

**Target groups**
The course is aimed at those working in the sphere of Youth Justice and/or those working with/intending to work with young people ‘at risk’ of coming into contact with the criminal justice system.

Relevant employment experience includes but is not limited to the following:
- Youth workers/voluntary youth leaders;
- Members of An Garda Síochána;
- Youth Advocates;
- Residential Care Workers; and
- Training Centre/Workshops Staff

**Entry requirements**
All participants are required to have either voluntary/employment experience (minimum of two years expected), or academic qualifications (Leaving Certificate/3rd level qualification/Fetac qualification). The participants should be able to demonstrate:
- An openness to reflect on ones own practice, attitudes and beliefs;
- An ability to work constructively and appropriately in group settings; and
- A commitment to learning in a group setting.

**Course location**
Clonliffe College

**Course dates and/or frequency of delivery**
1st March 2007 – March 2008 – Approximately 100 hours

**Cost**
€995

**Assessment**
Method of assessment & standards:
All participants are expected to complete five assignments comprising four essays (modules 1 – 4) and one report and presentation (module 5). A passing grade is 40% and is dependent on a minimum attendance level of 80%. In addition each participant will be required to complete and submit a learning journal throughout the duration of the course.

**Qualification**
NUI Certificate in Youth Justice

**Accrediting Body**
NUI Maynooth
**Certificate in Creative Care**

<table>
<thead>
<tr>
<th>Course provider / organisation</th>
<th>Children’s Therapy Centre</th>
</tr>
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<td>Tir Na nÓg, Slievenagorta, Ballymore, Co Westmeath</td>
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<tr>
<td><strong>Organisation mission statement</strong></td>
<td>As a Centre of Excellence the Children’s Therapy Centre is Ireland’s foremost provider of specialised training, consultancy, and direct services, in Therapeutic Play, Play Therapy, Psychotherapy and Creative Approaches to Therapeutic Work to the highest possible national and international standards</td>
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<tr>
<td><strong>Contact person</strong></td>
<td>Eileen Prendiville</td>
</tr>
<tr>
<td><strong>Job title</strong></td>
<td>Chief Executive</td>
</tr>
<tr>
<td><strong>Telephone no</strong></td>
<td>087 6488149</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:prendivilleeileen@eircom.net">prendivilleeileen@eircom.net</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>This six day course provides participants with the basic skills and understanding of play and its application to aid children’s emotional and holistic development. Play is vitally important to enable children develop healthy attachments. More than ever children (and parents) need to learn how to play again, it is essential for healthy child development. The early relationship between a child and a significant adult is based on playfulness, and research has shown that play is necessary for a child to thrive. Indeed we now know that the brain depends on play to develop to maturity.</td>
</tr>
<tr>
<td><strong>Brief description of course content</strong></td>
<td>The three modules are:</td>
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<td>1. Play and Attachment</td>
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<td></td>
<td>Essential Play for working with Pre-school Children and Clients with Special Needs</td>
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<td></td>
<td>2. Cross Cultural Play</td>
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<td></td>
<td>Working with International Children (in Ireland and abroad)</td>
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<td></td>
<td>3. Developing Therapeutic Play Skills</td>
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<tr>
<td></td>
<td>Storytelling and Dramatic Play Skills</td>
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<tr>
<td><strong>Target groups</strong></td>
<td>Practitioners in health and social services including child-care workers, project workers, youth workers, occupational therapists, creative arts therapists, play therapists, nurses, classroom and special needs assistants, pre-school teachers, day care staff, staff in special needs settings (day care or residential units), and for anyone wishing to work oversees as a volunteer in developing countries or disaster areas.</td>
</tr>
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<td><strong>Entry requirements</strong></td>
<td>Relevant life and/or work experience, or an interest in moving into the field.</td>
</tr>
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<tr>
<td><strong>Course dates and/or frequency of delivery</strong></td>
<td>The three two day modules run over a 6 day period each February.</td>
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<tr>
<td><strong>Cost</strong></td>
<td>€200 per module, €600 for full course</td>
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<tr>
<td><strong>Assessment</strong></td>
<td>Written and practical assignment for students wishing to be awarded the Certificate. Attendance and participation for CPD</td>
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<td><strong>Qualification</strong></td>
<td>Certificate in Creative Care</td>
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<td><strong>Accrediting Body</strong></td>
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<td><strong>Certificate in Therapeutic Playwork</strong></td>
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<td><a href="mailto:prendivilleeileen@eircom.net">prendivilleeileen@eircom.net</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>This course will equip participants to work with children and vulnerable adults utilising a broad range of therapeutic skills and media. The course trainers are Dr Sue Jennings and Eileen Prendiville.</td>
</tr>
</tbody>
</table>
| **Brief description of course content** | There are 3 core courses that are repeated regularly  
• Creative Care Course (6 Days)  
• Summer School: Creative Play, Drama, and Storytelling (5 Days)  
• Therapeutic Work with Children: The Power of Play course (5 Days) |
| **Target groups**                     | The Certificate in Therapeutic Playwork is a modular training designed for a wide range of practitioners in child-care, education, health and social services including child-care workers, project workers, occupational therapists, creative arts therapists, play therapists, psychologists (PSI approved for CPD) nurses, classroom and special needs assistants, pre-school teachers, day care staff, staff in special needs settings (day care or residential units), anyone wishing to work overseas as a volunteer in developing countries or disaster areas, and for anyone wishing to work creatively with children or vulnerable adults. |
| **Entry requirements**                | Experience working with vulnerable clients |
| **Course location**                   | Children’s Therapy Centre, Tir Na nOg, Slievenagorta, Ballymore, Co Westmeath |
| **Course dates and/or frequency of delivery** | 3 start dates each year |
| **Cost**                              | €1600 |
| **Assessment**                        | Written assignments, Portfolio, Tutor Assessment |
| **Qualification**                     | Certificate in Therapeutic Playwork |
| **Accrediting Body**                  | Psychological Society of Ireland CPD |
| Course provider / organisation | Children’s Therapy Centre |
| Address | Tír Na nÓg, Slievenagorta, Ballymore, Co Westmeath |
| Organisation mission statement | As a Centre of Excellence the Children’s Therapy Centre is Ireland’s foremost provider of specialised training, consultancy, and direct services, in Therapeutic Play, Play Therapy, Psychotherapy and Creative Approaches to Therapeutic Work to the highest possible national and international standards |
| Contact person | Eileen Prendiville |
| Job title | Chief Executive |
| Telephone no | 087 6488149 |
| Email | prendvilleeileen@eircom.net |
| Course aim & objectives | To provide a unique opportunity, using the creative arts therapies to find new, creative and non-verbal, ways to relate and engage with clients of all ages. |
| Brief description of course content | Each day we use different therapeutic approaches, (Dance movement Therapy, Art Therapy, Dramatherapy, and Play Therapy) with fully qualified therapists in each field, to journey into your inner world to access, and liberate your own creative core. |
| Target groups | Suitable for all who work with children, young people, families and adults, and for anyone interested in training in play therapy or psychotherapy or any of the creative mediums involved, or as CPD. |
| Entry requirements | Interest in the area and relevant life and work experience |
| Course location | Children’s Therapy Centre, Tír Na nÓg, Slievenagorta, Ballymore, Co Westmeath |
| Course dates and/or frequency of delivery | Starts first Monday of July each year and runs for 5 days (Mon – Friday) |
| Cost | €500 |
| Assessment | Attendance and participation |
| Qualification | CPD Certificate in Creative Arts Therapies |
| Accrediting Body | CPD Accredited by IBECPT |
**Course provider / organisation**
Children’s Therapy Centre

**Address**
Tír Na nÓg,
Stevanagorta,
Ballymore,
Co Westmeath

**Organisation mission statement**
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**Contact person**
Eileen Prendiville

**Job title**
Chief Executive

**Telephone no**
087 6488149

**Email**
prendivilleeileen@eircom.net

**Course aim & objectives**
This will facilitate therapists involved in clinical work in understanding how to intervene to facilitate healing with any traumatised client utilising creative therapy approaches.

**Brief description of course content**
It covers a range of interventions and approaches to facilitate therapy with young clients and with adults with whom talking therapy is not enough. We explore the use of sand play therapy, creative media, storymaking (as assessment, therapy, and to promote coping when necessary), and a model for understanding the development of identity and how trauma interrupts this development.

**Target groups**
This training is suitable for qualified and student psychotherapists, psychologists, psychiatrists, play therapists and counsellors.

**Entry requirements**
Clinical Qualification

**Course location**
Children’s Therapy Centre,
Tír Na nÓg,
Stevanagorta,
Ballymore,
Co Westmeath

**Course dates and/or frequency of delivery**
Runs twice each year as a 5 day intensive training at the end of March and in September.

**Cost**
€500

**Assessment**
Attendance and participation

**Qualification**
CPD Certificate in Creative Therapy with Adolescents and Adults

**Accrediting Body**
CPD Accredited by IBECPT
Diploma in Creative Supervision

Course provider / organisation: Children’s Therapy Centre
Address: Tír Na nÓg, Slievenagorta, Ballymore, Co Westmeath

Organisation mission statement: As a Centre of Excellence the Children’s Therapy Centre is Ireland’s foremost provider of specialised training, consultancy, and direct services, in Therapeutic Play, Play Therapy, Psychotherapy and Creative Approaches to Therapeutic Work to the highest possible national and international standards

Contact person: Eileen Prendiville
Job title: Chief Executive
Telephone no: 087 6488149
Email: prendivilleeileen@eircom.net

Course aim & objectives: Creative Supervision includes the use of action methods and creative approaches in the supervision of professional practitioners. This course aims to equip graduates to provide clinical supervision, and to develop consultancy and mentoring skills.

Brief description of course content: This innovatory course brings together current theories of supervision and practical creative skills. These strategies will also prove useful in the mentoring and consultative roles that are part and parcel of many therapists professional life. This course focuses on utilising new and innovative approaches utilising the creative arts, lateral thinking, and playful activities in the supervision process. Core trainer is Dr Sue Jennings, internationally renowned therapist and author of over 20 creative therapy books.

Target groups: Professionals involved in the supervision of therapists and other staff involved in clinical work

Entry requirements: Professional Mental Health qualification and experience

Course location: Children’s Therapy Centre, Tír Na nÓg, Slievenagorta, Ballymore, Co Westmeath

Course dates and/or frequency of delivery: Starts November 07 (and annually) runs for approximately 100 training hours plus supervision requirements.

Cost: €2600

Assessment: Written assignments, student presentations, tutor assessment

Qualification: Diploma in Creative Supervision

Accrediting Body: PlayBody Ireland: The National Association for Play Therapy
PSI and IBECPT Accredited for CPD. Past graduates also secured accreditation as supervisors with IACP and IAHIP
Play Therapy Summer School

Course provider / organisation
Children’s Therapy Centre

Address
Tir Na nOg,
Steenagorta,
Ballymore,
Co Westmeath

Organisation mission statement
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Contact person
Eileen Prendiville

Job title
Chief Executive

Telephone no
087 6488149

Email
prendivilleeileen@eircom.net

Course aim & objectives
This course, taught by Dr Sue Jennings, provides essential skills for your play and creative practice with children and vulnerable adults.

Brief description of course content
• You will experience play, drama, movement, music and dance and a range of non-verbal methods to encourage withdrawn people and contain the most active.
• We shall include sensory play and work with body self and image, as well as many drama games.
• You will learn projective methods for all abilities and ages.
• We shall include collage work and painting, clay and modelling, puppet work, dramatic play and theatre in order to create an inclusive practice.
• We shall develop non-invasive techniques for evoking children’s individual stories through verbal and non-verbal methods.

Target groups
Suitable for a wide range of practitioners in therapy, child-care, education, youth work, health and social services including child-care workers, project workers, occupational therapists, creative arts therapists, play therapists, psychologists (PSI approved for CPD) nurses, classroom and special needs assistants, pre-school teachers, day care staff, staff in special needs settings (day care or residential units), and for anyone wishing to work creatively with children or vulnerable adults.

Entry requirements
Interest in the area and relevant life and work experience

Course location
Children’s Therapy Centre, Tir Na nOg, Steenagorta, Ballymore, Co Westmeath

Course dates and/or frequency of delivery
Starts on second Monday in July each year and runs for 5 days (Monday to Friday)

Cost
€500

Assessment
Attendance and Participation if taken for CPD.

If taken as part of Therapeutic Playworker Course: Devise and carry out 6 play sessions with a group of children or teenagers and allow them to be part of the evaluation of the programme.

Qualification
CPD Certificate in Creative Arts Therapies

Accrediting Body
CPD Accredited by IBECPT. PSI accredited as part of Therapeutic Playworker training.
<table>
<thead>
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<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>To qualify and equip graduates to practice as psychotherapists with a specialisation in play therapy.</td>
</tr>
</tbody>
</table>
| **Brief description of course content** | This course covers all requirements for a core psychotherapy training and play therapy training, including:  
• Psychotherapy models  
• Play therapy  
• Clinical practice  
• Supervision  
• Theoretical studies  
• Skills development  
• Experiential work  
• Group process. |
| **Target groups**                 | Graduates with a relevant professional qualification who wish to practice play and creative therapies with children, teenagers and adults, within a psychotherapy framework. |
| **Entry requirements**            | Relevant Primary degree and 2 years relevant work experience or extensive relevant work experience. |
| **Course location**               | Children’s Therapy Centre,  
Tir Na nOg, Slivenagorta, Ballymore, Co Westmeath |
| **Course dates and/or frequency of delivery** | Starts every February and August |
| **Cost**                          | €3600 per annum including clinical supervision on practicum |
| **Assessment**                    | Various written assignments, presentations, tutor and clinical supervisor assessment. |
| **Qualification**                 | • Certificate in Play Therapy Skills (1 year)  
• Diploma in Play Therapy (2 years)  
• Diploma in Play Therapy and Psychotherapy (3 years)  
• Diploma in Creative Psychotherapy (4 years) |
| **Accrediting Body**              | PlayBody Ireland: The National Association for Play Therapy  
Graduates can also seek accreditation with the Irish Association for Counselling and Psychotherapy when they have completed relevant supervised clinical practice and therapy. |
**Course provider / organisation**  
Children’s Therapy Centre

**Address**  
Tír Na nÓg,  
Stievenagorta,  
Ballymore,  
Co Westmeath

**Organisation mission statement**  
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**Contact person**  
Eileen Prendiville

**Job title**  
Chief Executive

**Telephone no**  
087 6488149

**Email**  
prendivilleeileen@eircom.net

**Course aim & objectives**  
This training covers a range of interventions and approaches to facilitate therapy with young clients and with adults with whom talking therapy is not enough. We explore the use of creative mediums, non-directive approaches and focused intervention. A focus on skills development is maintained while a theoretical framework is built throughout the course to facilitate understanding and integration of course material.

**Brief description of course content**  
In this course the process of disclosure, appropriate responses, and practical and therapeutic interventions will be explored. We will address issues involved in working with clients of all ages who have experienced child sexual abuse themselves or are attempting to support a loved one (adult or child) who has been affected. Issues for children, adult survivors, family members, offenders, and professionals are considered.

**Target groups**  
Psychotherapists, psychologists, play therapists, psychiatrists, counsellors, and other professionals, including students in these fields, and other professionals who work therapeutically with children and young people and with adults of all ages.

**Entry requirements**  
Relevant qualification and work experience

**Course location**  
Children’s Therapy Centre,  
Tir Na nOg,  
Stievenagorta,  
Ballymore,  
Co Westmeath

**Course dates and/or frequency of delivery**  
One 5 day module each February (Monday to Friday)

**Cost**  
€500

**Assessment**  
Attendance and Participation for CPD

**Qualification**  
CPD Certificate

**Accrediting Body**  
IBECPT accredited for CPD
<table>
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<td><strong>Course aim &amp; objectives</strong></td>
<td>To gain an experiential understanding of how play works as a therapeutic agent in children’s lives, facilitates resolution of trauma, and enables children to develop resiliency and reach their potential.</td>
</tr>
<tr>
<td><strong>Brief description of course content</strong></td>
<td>An experiential training suitable for anyone who works with children to develop skills and gain a personal understanding of how play works as a therapeutic medium, the safety and boundary issues to consider, and explore ways to ensure that their work with children, in whatever setting and whatever the child’s difficulties, has the potential to become therapeutic and/or facilitate development of emotional &amp; social intelligence and resilience.</td>
</tr>
<tr>
<td><strong>Target groups</strong></td>
<td>This training is suitable for child-care workers, teachers, family support staff, project workers, youth workers, social workers, foster carers, day-care and early education staff, therapists, psychologists, and others working with children/families</td>
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<td>Relevant life and/or work experience</td>
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| **Course dates and/or frequency of delivery** | Mid August each year (one 5 day course from Monday – Friday)  
Repeated end of November |
| **Cost**                      | €500 |
| **Assessment**                | Attendance and participation for CPD.  
Short written assignment if taken as part of Therapeutic Playworker Training Course. |
<p>| <strong>Qualification</strong>             | Therapeutic Work with Children CPD Cert |
| <strong>Accrediting Body</strong>          | CPD Accredited by IBECPT. PSI accredited as part of Therapeutic Playworker training. |</p>
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<tr>
<td></td>
<td>Unit 1,</td>
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<tr>
<td></td>
<td>51 Main Street,</td>
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<td></td>
<td>Leixlip,</td>
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<td></td>
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<tr>
<td><strong>Organisation mission statement</strong></td>
<td>Copping On aims to provide a comprehensive crime prevention and awareness programme, with appropriate supports, for those working with young people. The training enables practitioners to deliver a programme based on multi-agency co-operation, in order to affect positive change.</td>
</tr>
<tr>
<td><strong>Contact person</strong></td>
<td>Deirdre Bigley</td>
</tr>
<tr>
<td><strong>Job title</strong></td>
<td>Project Manager</td>
</tr>
<tr>
<td><strong>Telephone no</strong></td>
<td>01 6104384</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:info@coppingon.ie">info@coppingon.ie</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>The Copping On Training is experiential and participative. The training aims to provide participants with:</td>
</tr>
<tr>
<td></td>
<td>• An opportunity to experience activities from the resource pack and to reflect upon ways to adapt the programme to suit the needs of young people;</td>
</tr>
<tr>
<td></td>
<td>• An opportunity for informal networking and to identify strategies to support interagency co-operation;</td>
</tr>
<tr>
<td></td>
<td>• Information regarding the profile of young offenders;</td>
</tr>
<tr>
<td></td>
<td>• A raised awareness of the implications for effective interventions;</td>
</tr>
<tr>
<td></td>
<td>• An opportunity to enhance facilitation skills and share good practice;</td>
</tr>
<tr>
<td></td>
<td>• An opportunity to reflect on personal values and attitudes in relation to crime.</td>
</tr>
<tr>
<td><strong>Brief description of course content</strong></td>
<td>Copping On offers a two day training course with day one focusing on exploring personal values and attitudes towards crime, looking at aims and objectives of running a Copping On programme with young people and looking at the profile of a young offender. Day two focuses on practicing effective methodologies and facilitation skills when engaging with young people at risk.</td>
</tr>
<tr>
<td><strong>Target groups</strong></td>
<td>Those who have a responsibility for working with young people at risk – in either a paid or unpaid capacity.</td>
</tr>
<tr>
<td><strong>Entry requirements</strong></td>
<td>An interest in or experience of working with young people at risk.</td>
</tr>
<tr>
<td><strong>Course location</strong></td>
<td>Nationwide</td>
</tr>
<tr>
<td><strong>Course dates and/or frequency of delivery</strong></td>
<td>8 courses in Spring /Summer and a further 8 in Autumn /Winter</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>Residential training €175 and non residential training is dependant on numbers attending, location etc.</td>
</tr>
<tr>
<td><strong>Assessment</strong></td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Qualification</strong></td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Accrediting Body</strong></td>
<td>N/A</td>
</tr>
</tbody>
</table>
Course provider / organisation
Crosscare DAP

Address
The Red house,
Clonliffe,
Dublin 3.

Organisation mission statement
DAP aims to provide quality drug education, training and support services which develop knowledge and skills in order to enhance competencies and capacities in a variety of settings and sectors.

Contact person
Marie Scally

Job title
Education Officer

Telephone no
8360911

Email
marie@dap.ie

Course aim & objectives
• To provide participants’ with a broad overview of key theoretical frameworks and practical debates which arise in relation to Substance Misuse and Dependence;
• To enable participants’ develop basic helping and intervention skills in the field of Drug and Alcohol Misuse;
• To enhance participants’ knowledge of social and community issues relevant to Substance Misuse and Dependence;
• To heighten participants’ awareness in relation to personal, organisational and vocational issues which may arise in the course of their work within the field of Substance Misuse.

Brief description of course content
MODULE ONE: Course Introduction & Learning Support
• Overview of key aspects of the course;
• Introduction to themes & principles which inform the course;
• Study Skills;
• Presentation Skills.

MODULE TWO: Substance Use, Misuse & Dependence
• Attitudes to Substance Use, Misuse & Dependence;
• Theoretical perspectives on Substance Use, Misuse & Dependence.

MODULE THREE: Helping & Intervention Skills
• Drugs Education & Prevention;
• Overview of Treatment Approaches in Drug and Alcohol Dependence;
• Models of Rehabilitation.

MODULE FOUR: Social & Community Issues
• Introduction to Community Studies;
• Social Analysis.

MODULE FIVE: Personal, Organisational & Vocational Issues
• Personal Awareness;
• Self-care;

Target groups
This Addiction Studies Course is designed to meet the needs of those who work directly with substance users and/or their families or of those who work with individuals and groups for whom substance use may be an issue.

Entry requirements
• Working/Volunteering or living in Dublin North East LDTF.
• Over 23.

Course location
Le Cheile, Donnycarney.

Course dates and/or frequency of delivery
• Every Year from Sept to May.
• 100 hours.

Cost
Sponsorship is available

Assessment
• 85% minimum attendance;
• Nature and quality of course participation;
• Two group projects;
• A learning journal reflecting participants’ experience of participating on the course;
• An Introductory essay
• An essay on an aspect of addiction.

Qualification
NUI Certificate in Addiction Studies

Accrediting Body
NUI Maynooth

Crosscare DAP in conjunction with the Dublin North East LDTF and the HSE will commence (in September 2007) a Diploma Course in Addiction Studies as a progression route for those who have completed an NUI-accredited Certificate in Addiction Studies. Contact details are as above.
Disability Consultancy Services
42 Fielbrook
Dublin Rd
Portlaoise
Co Laois

We affirm that disabled people should share equally in all the rights, benefits, obligations and opportunities of their community, and should receive all support in reaching their full potential, enjoying whatever improvement of living conditions and quality of life that may result from social and economic development.

George Percy
Disability Equality Training Consultant
086 253 6014
gorge@disabilityconsultancy.ie

To explore how we can best serve potential clients with disabilities. To examine our current attitudes to disability in general.

At the end of the workshop, participants will be able to:
• Identify common elements to insure that people with disability are fully included.
• Identify their own development needs and support required in order to provide a quality service to people with disabilities.
• Understand the tasks required in preparing to receive a person with a disability for interview and or training programme.
• Make appropriate comments / suggestions to line management regarding facilities and resources to ensure a quality service is available for everybody.

• Appropriate Language to be used.
• Identifying barriers which face people with disabilities.
• Social and medical model.
• How to assist a disabled person.
• Role plays.
• Videosetc.
• Case studies.

Anybody who provides a service which might be used by people with a disability. Employers who wish to employ people with a disability.

N/A
Nationwide.
On request.
Depends on Location and duration.
On going
FETAC
FETAC
<table>
<thead>
<tr>
<th>Course provider / organisation</th>
<th>Dublin AIDS Alliance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>53 Parnell Square West</td>
</tr>
<tr>
<td></td>
<td>Dublin 1</td>
</tr>
<tr>
<td>Organisation mission statement</td>
<td>DAA is a voluntary organisation working to raise awareness of, and improve conditions for people living with, or affected by, HIV/AIDS.</td>
</tr>
<tr>
<td>Contact person</td>
<td>Melanie Cunningham</td>
</tr>
<tr>
<td>Job title</td>
<td>Programme Development Officer</td>
</tr>
<tr>
<td>Telephone no</td>
<td>01-8733799</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:info@dublinaidsalliance.com">info@dublinaidsalliance.com</a></td>
</tr>
<tr>
<td>Course aim &amp; objectives</td>
<td>The primary aim of the programme is to train community &amp; social care workers to facilitate this Safer Sex Negotiation Skills Course with individuals &amp; groups in their care. Completion of the course will provide participants with the knowledge and skills necessary to enable people in their care to make informed choices in relation to sexual health and engage in assertive negotiations.</td>
</tr>
<tr>
<td>Brief description of course content</td>
<td>This is a multidisciplinary training programme that will cover the areas of HIV/Hepatitis, Sexual Health, Negotiation Skills and Disclosure &amp; Legal Implications while further updating participants with the necessary skills and capacity to work with people around these issues.</td>
</tr>
<tr>
<td>Target groups</td>
<td>People working in the area of youth and community development who will be required, upon completion of the course, to deliver this programme to individuals &amp; groups in their care.</td>
</tr>
<tr>
<td>Entry requirements</td>
<td>None (basic literacy)</td>
</tr>
<tr>
<td>Course location</td>
<td>Dublin AIDS Alliance</td>
</tr>
<tr>
<td></td>
<td>53 Parnell Square West</td>
</tr>
<tr>
<td></td>
<td>Dublin 1</td>
</tr>
<tr>
<td>Course dates and/or frequency of delivery</td>
<td>Please contact for details</td>
</tr>
<tr>
<td>Cost</td>
<td>€150</td>
</tr>
<tr>
<td>Assessment</td>
<td>Yes (learner log, skills demo &amp; report)</td>
</tr>
<tr>
<td>Qualification</td>
<td>Awaiting level 5 FETAC qualification</td>
</tr>
<tr>
<td>Accrediting Body</td>
<td>Awaiting level 5 FETAC qualification</td>
</tr>
<tr>
<td><strong>Course provider / organisation</strong></td>
<td>Dublin AIDS Alliance</td>
</tr>
<tr>
<td>-----------------------------------</td>
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</tr>
<tr>
<td><strong>Address</strong></td>
<td>53 Parnell Square West</td>
</tr>
<tr>
<td></td>
<td>Dublin 1</td>
</tr>
</tbody>
</table>

| **Organisation mission statement** | DAA is a voluntary organisation working to raise awareness of, and improve conditions for people living with, or affected by, HIV/AIDS. |

<table>
<thead>
<tr>
<th><strong>Contact person</strong></th>
<th>Nicola Gill</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Job title</strong></td>
<td>Training Officer</td>
</tr>
<tr>
<td><strong>Telephone no</strong></td>
<td>01-8733799</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:info@dublinaidsalliance.com">info@dublinaidsalliance.com</a></td>
</tr>
</tbody>
</table>

| **Course aim & objectives** | The primary aim of the programme is to update youth leaders with the knowledge and skills necessary to enable young people in their care to make informed choices in relation to sexual health and drug use. |

| **Brief description of course content** | This is a multidisciplinary training programme that will cover all aspects (informational & attitudinal) of HIV/Hepatitis, Sexual Health, Safer sex negotiation and Drug Use education, while further updating Youth Leaders with the necessary skills and capacity to work with young people around these issues. The course runs once a week for 8 weeks and has a FETAC level 5 accreditation. |

| **Target groups** | The programme is aimed at youth leaders who will be required on completion of the course to deliver the information to young people in their care. |

| **Entry requirements** | None (basic literacy needed) |

<table>
<thead>
<tr>
<th><strong>Course location</strong></th>
<th>Dublin AIDS Alliance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>53 Parnell Square West</td>
</tr>
<tr>
<td></td>
<td>Dublin 1</td>
</tr>
</tbody>
</table>

| **Course dates and/or frequency of delivery** | Spring & Autumn (dates not decided for autumn) |

| **Cost** | €150 |

| **Assessment** | Yes (Learner log, skills demonstration & Report) |

| **Qualification** | FETAC Level 5 |

| **Accrediting Body** | FETAC |
**Course provider / organisation**
Enneagram Solutions

**Address**
80 Heathervue, Greystones, Co. Wicklow

**Organisation mission statement**
“The majority of human problems on a personal or worldwide scale stems from an inability to understand others from their perspective. The starting point for any change is to know and accept myself with all my strengths and limitations. If I can get along with myself I can then place myself in a situation where I can feel sincerely involved with others and put myself in their place.

When everyone is genuinely concerned with the happiness of others, conflict, disunity and violence are inconceivable.”

**Contact person**
Barry Ahern

**Job title**
Director, Training Consultant

**Telephone no**
01 287 8514

**Email**
barry@enneagram.ie

**Course aim & objectives**

<table>
<thead>
<tr>
<th>Aims of the modules:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Becoming a better self-manager.</td>
</tr>
<tr>
<td>• Being more effective at communicating with and managing others.</td>
</tr>
<tr>
<td>• Gaining insights into the causes of stress &amp; conflict.</td>
</tr>
<tr>
<td>• Appreciating how different profiles handle the same issue in different ways.</td>
</tr>
<tr>
<td>• Clarifying what enables you to perform at optimum levels.</td>
</tr>
<tr>
<td>• Discovering how your avoidances could become your resources.</td>
</tr>
<tr>
<td>• Finding ways that others can support you.</td>
</tr>
</tbody>
</table>

**Brief description of course content**

**Content and Methodology**

These modules will be very practical and will focus on incorporating the material of the earlier modules and relating them to workplace issues. The methodology can include role play, work in dyads and groups etc. according to need.

Emphasis will be placed on integrating the work of the mental, emotional and instinctual intelligences and incorporating them into areas of decision making etc.

In short the functions of the three centres of intelligence are as follows:

a) The mental intelligence concerns itself with processing ideas, strategising, understanding, imagining, planning and rationalising.

b) The emotional intelligence concerns itself with relationships with people, with approval from others and altering in order to adapt to others.

c) Our instinctual intelligence concerns itself with issues around power, holding one's ground and justice and fairness.

b) and c) are commonly referred to as ‘emotional intelligence’. Studies have shown that productivity can increase 20 – 30% when the three centres are working together.

**Target groups**
This course has been delivered to teams and clinical management groups in most of the major hospitals in the Dublin area; to students on the M Bus Admin course at the Irish Management Institute; teachers groups, company management levels etc.

**Entry requirements**
None

**Course location**
On site or as requested

**Course dates and/or frequency of delivery**
By request

**Cost**
€1,600.00 daily rate but are negotiable with groups who are willing to put effort into this cutting edge training.

**Assessment**
N/A

**Qualification**
N/A

**Accrediting Body**
Advanced Enneagram Professional Training can be taken leading to certification in conjunction with Enneagram Worldwide.
| **Course provider / organisation** | Enneagram Solutions |
| **Address** | 80 Heathervue, Greystones, Co. Wicklow |
| **Organisation mission statement** | “The majority of human problems on a personal or worldwide scale stems from an inability to understand others from their perspective. The starting point for any change is to know and accept myself with all my strengths and limitations. If I can get along with myself I can then place myself in a situation where I can feel sincerely involved with others and put myself in their place. When everyone is genuinely concerned with the happiness of others, conflict, disunity and violence are inconceivable.” Barry Ahern, Director, Training Consultant |
| **Contact person** | Barry Ahern |
| **Job title** | Director, Training Consultant |
| **Telephone no** | 01 287 8514 |
| **Email** | barry@enneagram.ie |
| **Course aim & objectives** | **Aims of the module:**

- **a)** Gaining an insight and understanding into the nine point personality system.
- **b)** Discovering how narrowing your attention selectively limits your personal resourcefulness.
- **c)** Self-identifying your working style / personality profile.
- **d)** Self-regulated discovery of the challenges this might present within the work environment and possible approaches to change.
- **e)** Short ‘homework’ practices will be given aimed at developing personal effectiveness in the workplace and are dealt with in follow up sessions details of which follow below.

<p>| <strong>Brief description of course content</strong> | This program presents the exciting challenge of discovering your own motivational style and the styles of others. |
| <strong>Target groups</strong> | This course has been delivered to teams and clinical management groups in most of the major hospitals in the Dublin area; to students on the M Bus Admin course at the Irish Management Institute; teachers groups, company management levels etc. |
| <strong>Entry requirements</strong> | None |
| <strong>Course location</strong> | On site or as requested |
| <strong>Course dates and/or frequency of delivery</strong> | By request |
| <strong>Cost</strong> | €1,600.00 daily rate but are negotiable with groups who are willing to put effort into this cutting edge training. |
| <strong>Assessment</strong> | N/A |
| <strong>Qualification</strong> | N/A |
| <strong>Accrediting Body</strong> | Advanced Enneagram Professional Training can be taken leading to certification in conjunction with Enneagram Worldwide. |</p>
<table>
<thead>
<tr>
<th>Course provider / organisation</th>
<th>EssentialSkillz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>Teach an Mháinéara, Baile an tSagairt, An Spideal, Co na Gaillimhe</td>
</tr>
<tr>
<td>Organisation mission statement</td>
<td>EssentialSkillz aims to be the preferred supplier of online DSE training and risk assessment programmes for the UK and Ireland</td>
</tr>
<tr>
<td>Contact person</td>
<td>Ruth Ni Shiadhail</td>
</tr>
<tr>
<td>Job title</td>
<td>Marketing &amp; Customer Support Manager</td>
</tr>
<tr>
<td>Telephone no</td>
<td>(091) 504050</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:ruth@essentialskillz.com">ruth@essentialskillz.com</a></td>
</tr>
</tbody>
</table>
| Course aim & objectives       | Individuals will benefit from an increased awareness of the following:  
  • A comfortable sitting posture  
  • Correct keyboard and mouse techniques  
  • The importance of organising a workstation to suit individual needs  
  • The importance of varying posture throughout the day  
  • Eyestrain prevention  
  • The correct use of laptops and other mobile devices  
  • The benefit of simple stretching exercises at regular intervals |
| Brief description of course content | Workstation Essentials is a 25-minute training course which covers DSE ergonomics and regulations in a short, concise manner. The course is ideal for all persons using computers, laptops and other mobile devices for over an hour a day. It makes them aware of the injury risks and the safe ergonomic use of this equipment. |
| Target groups                 | All persons using computers, laptops and other mobile devices for over an hour a day, whether it be in an office environment, in the home, in schools, in hospitals, etc. |
| Entry requirements            | NONE |
| Course location               | ONLINE |
| Course dates and/or frequency of delivery | 24/7 access because it’s delivered online the individual decides time and place and can even do a module at a time rather than all in one sitting |
| Cost                          | €20 per course  
| Assessment                    | Course is followed by a test which learner must pass to demonstrate a transfer of knowledge, they are allowed to retake the course and test until they pass |
| Qualification                 | Certificate |
| Accrediting Body              | FÁS eCollege |
| Other titles with same criterion | Other titles with same criterion  
  Evacuation Essentials, Food Hygiene Essentials, Stress Essentials, CPR Essentials, Dangerous Substances, Electrical Safety, Slips and Trips, Handling Essentials, Fire Safety, |
## Alcohol Addiction – 1-Day Course

| Course provider / organisation | Homeless Agency |
| Address                        | Parkgate Hall, 6 - 9 Conyngham Road, Islandbridge, Dublin 8. |
| Organisation mission statement | “Every person who experiences homelessness should be supported by workers who have the skills, confidence, ability and capacity to assist them holistically and effectively as they move towards independent, sustainable futures realising their full potential, worth and abilities.” |
| Contact person                 | Maria Fitzpatrick |
| Job title                      | Learning and Performance Officer |
| Telephone no                   | 01 7036103 |
| Email                          | maria.fitzpatrick@dublincity.ie |
| Course aim & objectives        | Available on request |
| Brief description of course content |  
  - Understanding alcohol addiction  
  - Recognising the symptoms and signs of alcohol addiction  
  - Dealing with service users suffering as a result of alcohol addiction  
  - The short/long term physical and mental effects of alcohol misuse  
  - Practical scenarios and case histories  
  - Models of treatment available |
| Target groups                  | Frontline Workers in Homeless Services in Dublin |
| Entry requirements             | None |
| Course location                | Homeless Agency, Parkgate Hall, 6 - 9 Conyngham Road, Islandbridge, Dublin 8. |
| Course dates and/or frequency of delivery | Courses are held twice a year. |
| Cost                           | €55 for 1-Day Courses  
                                  | €100 for 2-Day Courses  
                                  | €150 for 3-Day Courses  
                                  | All Information Sessions are free of charge |
| Assessment                     | All course participants are required to fill out a pre and post assessment form. Participants are required to fill out an evaluation form. Feedback from participants is reviewed on a regular basis and each Learning and Performance Programme is evaluated on an annual basis. |
| Qualification                  | n/a |
| Accrediting Body               | Courses are presently not accredited. |
### Detox, Recovery & Relapse – 2-Day Course

| **Course provider / organisation** | Homeless Agency |
| **Address** | Parkgate Hall  
| | 6 - 9 Conyngham Road  
| | Islandbridge  
| | Dublin 8. |

| **Organisation mission statement** | “Every person who experiences homelessness should be supported by workers who have the skills, confidence, ability and capacity to assist them holistically and effectively as they move towards independent, sustainable futures realising their full potential, worth and abilities” |

| **Contact person** | Maria Fitzpatrick |
| **Job title** | Learning and Performance Officer |
| **Telephone no** | 01 7036103 |
| **Email** | maria.fitzpatrick@dublincity.ie |

| **Course aim & objectives** | Available on request |

| **Brief description of course content** | ▪ Overview of an addiction  
| | ▪ Information and practical examples of ways of dealing with service users who are actively taking substances  
| | ▪ Basic information on the process of detoxification  
| | ▪ Detoxification and rehabilitation treatment - local, national and international options  
| | ▪ Rehabilitation: resource information available, comparing ‘traditional’ programs with contemporary ones |

| **Target groups** | Frontline Workers in Homeless Services in Dublin |

| **Entry requirements** | None |

| **Course location** | Homeless Agency  
| | Parkgate Hall  
| | 6 - 9 Conyngham Road  
| | Islandbridge  
| | Dublin 8. |

| **Course dates and/or frequency of delivery** | Courses are held twice a year. |

| **Cost** | €55 for 1-Day Courses  
| | €100 for 2-Day Courses  
| | €150 for 3-Day Courses  
| | All Information Sessions are free of charge |

| **Assessment** | All course participants are required to fill out a pre and post assessment form. Participants are required to fill out an evaluation form. Feedback from participants is reviewed on a regular basis and each Learning and Performance Programme is evaluated on an annual basis. |

| **Qualification** | n/a |

| **Accrediting Body** | Courses are presently not accredited. |
### Drug Awareness and Understanding Addiction – 2-Day Course

**Course provider / organisation Address**  
Homeless Agency  
Parkgate Hall  
6 - 9 Conyngham Road  
Islandbridge  
Dublin 8.

**Organisation mission statement**  
“Every person who experiences homelessness should be supported by workers who have the skills, confidence, ability and capacity to assist them holistically and effectively as they move towards independent, sustainable futures realising their full potential, worth and abilities”

**Contact person**  
Maria Fitzpatrick

**Job title**  
Learning and Performance Officer

**Telephone no**  
01 7036103

**Email**  
maria.fitzpatrick@dublincity.ie

**Course aim & objectives**  
Available on request

**Brief description of course content**  
This module is primarily experimental in which participants will explore:  
- Their beliefs, values, assumptions and feelings around addiction/drug addiction  
- Basic drug groups and types  
- The process and dynamics of addiction  
- Who develops an addiction?  
- Addictive behaviours – what signs to look for  
- Self care  
- Links between drugs and homelessness  
- Practical case scenarios

**Target groups**  
Frontline Workers in Homeless Services in Dublin

**Entry requirements**  
None

**Course location**  
Homeless Agency  
Parkgate Hall  
6 - 9 Conyngham Road  
Islandbridge  
Dublin 8.

**Course dates and/or frequency of delivery**  
Courses are held twice a year.

**Cost**  
- €55 for 1-Day Courses  
- €100 for 2-Day Courses  
- €150 for 3-Day Courses  
All Information Sessions are free of charge

**Assessment**  
All course participants are required to fill out a pre and post assessment form. Participants are required to fill out an evaluation form. Feedback from participants is reviewed on a regular basis and each Learning and Performance Programme is evaluated on an annual basis.

**Qualification**  
n/a

**Accrediting Body**  
Courses are presently not accredited.
### Streetscene First Aid - 1 Day Course

**Course provider / organisation**
Homeless Agency

**Address**
Parkgate Hall
6 - 9 Conyngham Road
Islandbridge
Dublin 8.

**Organisation mission statement**
"Every person who experiences homelessness should be supported by workers who have the skills, confidence, ability and capacity to assist them holistically and effectively as they move towards independent, sustainable futures realising their full potential, worth and abilities"

**Contact person**
Maria Fitzpatrick

**Job title**
Learning and Performance Officer

**Telephone no**
01 7036103

**Email**
maria.fitzpatrick@dublincity.ie

**Course aim & objectives**
Available on request

**Brief description of course content**
- Introduction to first aid: principles, practice and responsibilities
- The use of relevant first aid equipment
- Awareness of safety and practical first aid
- Resuscitation/CPR/recovery techniques
- Dealing with wounds and fractures
- The unconscious casualty: causes, conditions, examination and treatment
- Coping with traumatic incidents and related stress
- Dealing with first aid emergencies
- Drug awareness and first aid
- Handover procedures and dealing with professional services

**Target groups**
Frontline Workers in Homeless Services in Dublin

**Entry requirements**
None

**Course location**
Homeless Agency
Parkgate Hall
6 - 9 Conyngham Road
Islandbridge
Dublin 8.

**Course dates and/or frequency of delivery**
Courses are held twice a year.

**Cost**
- €55 for 1-Day Courses
- €100 for 2-Day Courses
- €150 for 3-Day Courses

All Information Sessions are free of charge

**Assessment**
All course participants are required to fill out a pre and post assessment form. Participants are required to fill out an evaluation form. Feedback from participants is reviewed on a regular basis and each Learning and Performance Programme is evaluated on an annual basis.

**Qualification**
n/a

**Accrediting Body**
Courses are presently not accredited.
**Trauma, Self Harm & Suicide – 1-Day**

| Course provider / organisation | Homeless Agency |
| Address                       | Parkgate Hall   |
|                               | 6 - 9 Conyngham Road |
|                               | Islandbridge   |
|                               | Dublin 8.       |

| Organisation mission statement | “Every person who experiences homelessness should be supported by workers who have the skills, confidence, ability and capacity to assist them holistically and effectively as they move towards independent, sustainable futures realising their full potential, worth and abilities” |

| Contact person | Maria Fitzpatrick |
| Job title      | Learning and Performance Officer |
| Telephone no   | 01 7036103 |
| Email          | maria.fitzpatrick@dublincity.ie |

| Course aim & objectives | Available on request |

| Brief description of course content | • Understanding trauma and its effects on individuals  
• Recognising the signs of self harm  
• Suicide and suicide prevention  
• Psycholinguistic motivational model of treatment  
• Boundaries  
• Self care |

| Target groups | Frontline Workers in Homeless Services in Dublin |

| Entry requirements | None |

| Course location | Homeless Agency  
Parkgate Hall  
6 - 9 Conyngham Road  
Islandbridge  
Dublin 8. |

| Course dates and/or frequency of delivery | Courses are held twice a year. |

| Cost | €55 for 1-Day Courses  
€100 for 2-Day Courses  
€150 for 3-Day Courses  
All Information Sessions are free of charge |

| Assessment | All course participants are required to fill out a pre and post assessment form. Participants are required to fill out an evaluation form. Feedback from participants is reviewed on a regular basis and each Learning and Performance Programme is evaluated on an annual basis. |

| Qualification | n/a |

| Accrediting Body | Courses are presently not accredited. |
**Understanding Bereavement & Loss – 2-Day Course**

| Course provider / organisation | Homeless Agency |
| Address | Parkgate Hall 6 – 9 Conyngham Road Islandbridge Dublin 8. |
| Organisation mission statement | “Every person who experiences homelessness should be supported by workers who have the skills, confidence, ability and capacity to assist them holistically and effectively as they move towards independent, sustainable futures realising their full potential, worth and abilities” |
| Contact person | Maria Fitzpatrick Learning and Performance Officer |
| Job title | Learning and Performance Officer |
| Telephone no | 01 7036103 |
| Email | maria.fitzpatrick@dublincity.ie |
| Course aim & objectives | Available on request |
| Brief description of course content | • Understanding loss and attitude to loss  
• Understanding the long-term effects of loss  
• The types of loss encountered within the homeless sector  
• Losses that can be difficult to deal with: homeless context  
• Support options available to individuals  
• Examining skills involved in listening to those in grief/loss  
• The grieving process and the stages of grief |
| Target groups | Frontline Workers in Homeless Services in Dublin |
| Entry requirements | None |
| Course location | Parkgate Hall 6 – 9 Conyngham Road Islandbridge Dublin 8. |
| Course dates and/or frequency of delivery | Courses are held twice a year. |
| Cost | €65 for 1-Day Courses  
€100 for 2-Day Courses  
€150 for 3-Day Courses  
All Information Sessions are free of charge |
| Assessment | All course participants are required to fill out a pre and post assessment form. Participants are required to fill out an evaluation form. Feedback from participants is reviewed on a regular basis and each Learning and Performance Programme is evaluated on an annual basis. |
| Qualification | n/a |
| Accrediting Body | Courses are presently not accredited. |
Understanding Domestic Violence Against Women – 2-Day Course

Course provider / organisation: Homeless Agency
Address: Parkgate Hall
6 – 9 Conyngham Road
Islandbridge
Dublin 8.

Organisation mission statement: “Every person who experiences homelessness should be supported by workers who have the skills, confidence, ability and capacity to assist them holistically and effectively as they move towards independent, sustainable futures realising their full potential, worth and abilities”

Contact person: Maria Fitzpatrick
Job title: Learning and Performance Officer
Telephone no: 01 7036103
Email: maria.fitzpatrick@dublincity.ie

Course aim & objectives: Available on request

Brief description of course content:
- The dynamics of violence against women
- The intent behind the abuse
- Belief systems
- Options for the woman and her help-seeking
- Good practice responses
- Working with the woman – where she is at
- Overlap between domestic violence and child abuse
- The impact of domestic violence on mothering
- Custody and access
- Good referrals and handling a referral
- Questions and answers

Target groups: Frontline Workers in Homeless Services in Dublin

Entry requirements: None

Course location: Parkgate Hall
6 – 9 Conyngham Road
Islandbridge
Dublin 8.

Course dates and/or frequency of delivery: Courses are held twice a year.

Cost:
- €55 for 1-Day Courses
- €100 for 2-Day Courses
- €150 for 3-Day Courses
All Information Sessions are free of charge

Assessment: All course participants are required to fill out a pre and post assessment form. Participants are required to fill out an evaluation form. Feedback from participants is reviewed on a regular basis and each Learning and Performance Programme is evaluated on an annual basis.

Qualification: n/a

Accrediting Body: Courses are presently not accredited.
<table>
<thead>
<tr>
<th>Course provider / organisation</th>
<th>Homeless Agency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>Parkgate Hall</td>
</tr>
<tr>
<td></td>
<td>6 – 9 Conyngham Road</td>
</tr>
<tr>
<td></td>
<td>Islandbridge</td>
</tr>
<tr>
<td></td>
<td>Dublin 8.</td>
</tr>
<tr>
<td>Organisation mission statement</td>
<td>“Every person who experiences homelessness should be supported by workers who have the skills, confidence, ability and capacity to assist them holistically and effectively as they move towards independent, sustainable futures realising their full potential, worth and abilities”</td>
</tr>
<tr>
<td>Contact person</td>
<td>Maria Fitzpatrick</td>
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<tr>
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<tr>
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<tr>
<td>Email</td>
<td><a href="mailto:maria.fitzpatrick@dublincity.ie">maria.fitzpatrick@dublincity.ie</a></td>
</tr>
<tr>
<td>Course aim &amp; objectives</td>
<td>Available on request</td>
</tr>
</tbody>
</table>
| Brief description of course content |  • Understanding the mental health sector  
  • An overview of mental health systems, structures and relevant legislation  
  • Inter agency working: who’s who?  
  • Mental illness – causes, issues, personality disorders, and therapy models  
  • Multiple needs – when mental illness is linked with addiction  
  • Work practice – your own attitudes; responding to and understanding moods / behaviours  
  • Referrals  
  • Personal boundaries and limits  
  • Practical case scenarios |
| Target groups                  | Frontline Workers in Homeless Services in Dublin |
| Entry requirements             | None |
| Course location                | Parkgate Hall  |
|                                | 6 – 9 Conyngham Road |
|                                | Islandbridge   |
|                                | Dublin 8.      |
| Course dates and/or frequency of delivery | Courses are held twice a year. |
| Cost                           | €55 for 1-Day Courses  
  €100 for 2-Day Courses  
  €150 for 3-Day Courses  
  All Information Sessions are free of charge |
| Assessment                     | All course participants are required to fill out a pre and post assessment form. Participants are required to fill out an evaluation form. Feedback from participants is reviewed on a regular basis and each Learning and Performance Programme is evaluated on an annual basis. |
| Qualification                  | n/a |
| Accrediting Body               | Courses are presently not accredited. |
| Course provider / organisation | Homeless Agency |
| Address | Parkgate Hall  
6 – 9 Conyngham Road  
Islandbridge  
Dublin 8. |
| Organisation mission statement | “Every person who experiences homelessness should be supported by workers who have the skills, confidence, ability and capacity to assist them holistically and effectively as they move towards independent, sustainable futures realising their full potential, worth and abilities” |
| Contact person | Maria Fitzpatrick |
| Job title | Learning and Performance Officer |
| Telephone no | 01 7036103 |
| Email | maria.fitzpatrick@dublincity.ie |
| Course aim & objectives | Available on request |
| Brief description of course content | • Increasing knowledge of the impact and effects of childhood abuse and understanding the nature of developmental trauma  
• Highlighting differences in context of abuse – eg. abuse within family, abuse in institutions  
• Practical skills in managing disclosures of abuse  
• Exploring confidentiality, child protection and reporting issues in working with adult survivors of abuse in your organisation  
• Psychotherapy and referrals  
• Vicarious trauma and self-care |
| Target groups | Frontline Workers in Homeless Services in Dublin |
| Entry requirements | None |
| Course location | Parkgate Hall  
6 – 9 Conyngham Road  
Islandbridge  
Dublin 8. |
| Course dates and/or frequency of delivery | Courses are held twice a year. |
| Cost | €55 for 1-Day Courses  
€100 for 2-Day Courses  
€150 for 3-Day Courses  
All Information Sessions are free of charge |
| Assessment | All course participants are required to fill out a pre and post assessment form. Participants are required to fill out an evaluation form. Feedback from participants is reviewed on a regular basis and each Learning and Performance Programme is evaluated on an annual basis. |
| Qualification | n/a |
| Accrediting Body | Courses are presently not accredited. |
| Course provider / organisation | HSE – Health Promotion Department |
| Address                       | St. Brigid’s Complex, St. Brigid’s Complex, Kells Road, Ardee, Co. Louth. |
| Organisation mission statement | “In partnership with our resident population, their representatives and carers, HSE Dublin North East Health Promotion Function will do its utmost to maintain, protect and promote good health through the provision of quality and cost effective services” |
| Contact person                | John McGuire |
| Job title                     | Resource Officer |
| Telephone no                  | 041-6850671 |
| Email                         | john.mcguire@maile.hse.ie |
| Course aim & objectives       | ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide. |
| Brief description of course content | The workshop is based on principles of adult learning and recognises that active participation and skills practice will sustain interest and build confidence and competence. Formats include extensive opportunities for small group interaction, teaching input enhanced by transparencies, two award winning videos and role play practice. |
| Target groups                 | The workshop is for all caregivers (any person in a position of trust). This includes professionals, paraprofessionals and lay people. It is suitable for mental health professionals, nurses, physicians, teachers, counsellors, youth workers, Gardai, probation service, school support staff, clergy, and community volunteers |
| Entry requirements            | ASIST can be presented to caregivers with varying levels of training in many different settings, ranging from community groups to groups from a specific institution or work setting. In mixed group workshops, caregivers get a chance to share and work with other types of caregivers; thus building bonds of common understanding that increase the likelihood of future collaboration. |
| Course location               | Various venues |
| Course dates and/or frequency of delivery | 10 per annum |
| Cost                          | Free to participants |
| Assessment                    | N/A |
| Qualification                 | N/A |
| Accrediting Body              | N/A |
### ASIST (APPLIED SUICIDE INTERVENTION SKILLS TRAINING)

| Course provider / organisation | Health Promotion Department |
| Address                        | 3rd Floor  
|                               | Park House,  
|                               | North Circular Road,  
|                               | Dublin 7 |
| Organisation mission statement | “In partnership with our resident population, their representatives and carers, HSE Dublin North East Health Promotion Function will do its utmost to maintain, protect and promote good health through the provision of quality and cost effective services” |
| Contact person                 | Caroline Lennon Nally / Debbie Grealish |
| Job title                      | Resource Officer: mental health promotion & suicide prevention / Clerical Officer Grade 3 |
| Telephone no                   | 8823417 |
| Email                          | Caroline.lennonnally@mailc.hse.ie / debbie.grealish@mailf.hse.ie |
| Course aim & objectives        | To help prevent further deaths & injuries  
|                                | Learn how to:  
|                                | • Recognize invitations for help  
|                                | • Reach out and offer support  
|                                | • Review the risk of suicide  
|                                | • Apply a suicide intervention model  
|                                | • Link people with community resources |
| Brief description of course content | • Preparing for the workshop (whole group)  
|                                | • Connecting with your attitudes about suicide (workgroup)  
|                                | • Understanding the concerns of persons at risk (workgroup)  
|                                | • The Suicide Intervention Model (whole Group)  
|                                | • Practice with the Suicide Intervention Model (whole Group & workgroup)  
|                                | • Networking for caregivers (whole group) |
| Target groups                  | For caregivers of all backgrounds to provide suicide first aid to persons at risk of suicide. |
| Entry requirements             | N/A |
| Course location                | Marine Hotel, Sutton Cross, Sutton, Co. Dublin |
| Course dates and/or frequency of delivery | Once every Month (excluding June, July & August) |
| Cost                           | N/A |
| Assessment                     | Completion of 2 day training programme |
| Qualification                  | Certificate |
| Accrediting Body               | LivingWorks Education Inc |
**Engaging Fathers Training**

**Course provider / organisation**
HSE Dublin North East Health Promotion Department

**Address**
Health Promotion Department, Railway Street, Navan
Health Promotion Department, St. Davnets, Monaghan

**Organisation mission statement**
To provide a service at regional level for the planning, development and delivery of a needs-based out of school youth service, with a focus on developing practical, evidence-based, usable and quality assured health promotion modules in the framework of a training the trainers model.

**Contact person**
Dave Mc Sweeney, Jennifer Treanor, Olivia Mc Geough

**Job title**
Youth Health Development Officers

**Telephone no**
046 9076424 (Navan) & 047 77852 (Monaghan)

david.mcsweeney@maile.hse.ie
jennifer.treanor@maile.hse.ie
olivia.mcgeough@maile.hse.ie

**Course aim & objectives**
The aim of the course is to help organisations to support and help fathers to be more effective in their fathering.

**Brief description of course content**
- Exploring principles and examples of good practice.
- Delivery of key research on fathers and fathering.
- Practice of skills relating to engaging fathers.

**Target groups**
Any out of school setting

**Entry requirements**
N/A

**Course location**
Varies, by request.

**Course dates and/or frequency of delivery**
By request – please contact the Youth Health Team for further details

**Cost**
N/A

**Assessment**
N/A

**Qualification**
N/A

**Accrediting Body**
N/A
**Introduction to Sexual Health Promotion**

<table>
<thead>
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**Organisation mission statement**

To provide a service at regional level for the planning, development and delivery of a needs-based out of school youth service, with a focus on developing practical, evidence-based, usable and quality assured health promotion modules in the framework of a training the trainers model.

**Contact person**

Dave Mc Sweeney, Jennifer Treanor, Olivia Mc Geough

**Job title**

Youth Health Development Officers

**Telephone no**

046 9076424 (Navan) & 047 77852 (Monaghan)

david.mcsweeney@mail.hse.ie
jennifer.treanor@mail.hse.ie
olivia.mcgeough@mail.hse.ie

**Email**

david.mcsweeney@mail.hse.ie
jennifer.treanor@mail.hse.ie
olivia.mcgeough@mail.hse.ie

**Course aim & objectives**

To introduce Sexual Health Promotion Training available to Youth & Community Work staff in the region. To encourage youth and community workers to participate in Sexual Health Training provided by the HSE Health Promotion Department.

**Brief description of course content**

- Exploration of issues relating to sexual health, relationships & sexuality.
- The course content is designed to specifically respond to the information and training needs of participants attending the training.

**Target groups**

Any out of school setting

**Entry requirements**

N/A

**Course location**

Varies, by request.

**Course dates and/or frequency of delivery**

By request – please contact the Youth Health Team for further details

**Cost**

N/A

**Assessment**

N/A

**Qualification**

N/A

**Accrediting Body**

N/A
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<td><a href="mailto:olivia.mcgeough@maile.hse.ie">olivia.mcgeough@maile.hse.ie</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>To provide opportunities for staff to explore issues, receive current information &amp; develop skills to enable them to make informed decisions about training within their organisation.</td>
</tr>
<tr>
<td></td>
<td>Through the provision of training for staff in out-of-school settings, to ensure an increase in the health &amp; wellbeing of all young people using engaged in youth and community projects;</td>
</tr>
<tr>
<td><strong>Brief description of course content</strong></td>
<td>• Awareness raising &amp; Training for Trainers approach in relation to a range of health-related issues.</td>
</tr>
<tr>
<td></td>
<td>• To explore creative methodologies in addressing health issues.</td>
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<tr>
<td></td>
<td>• To consider the practical application of these methodologies through group work exercises.</td>
</tr>
<tr>
<td></td>
<td>• To examine the support needs of staff &amp; the overall organisation in these specific areas.</td>
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<tr>
<td></td>
<td>• Topics covered include Alcohol, Mental Health, Drugs, Smoking, Sexual Health,</td>
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<td></td>
<td>• Cancer and Nutrition or other health-related topics identified by participants.</td>
</tr>
<tr>
<td><strong>Target groups</strong></td>
<td>Any out of school setting</td>
</tr>
<tr>
<td><strong>Entry requirements</strong></td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Course location</strong></td>
<td>Varies, by request</td>
</tr>
<tr>
<td><strong>Course dates and/or frequency of delivery</strong></td>
<td>By request. Please contact the Youth Health Team for further details</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
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<td><strong>Assessment</strong></td>
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<td><strong>Qualification</strong></td>
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<td><strong>Accrediting Body</strong></td>
<td>N/A</td>
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<tr>
<td><strong>Course provider / organisation</strong></td>
<td>HSE</td>
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</tr>
<tr>
<td><strong>Address</strong></td>
<td>Health Promotion Service, 3rd Floor Park House, NCR, Dublin 7</td>
</tr>
<tr>
<td><strong>Contact person</strong></td>
<td>Fiona Monaghan</td>
</tr>
<tr>
<td><strong>Job title</strong></td>
<td>Senior Health Promotion Dietitians</td>
</tr>
<tr>
<td><strong>Telephone no</strong></td>
<td>01 8823478</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:fiona.monaghan@mailc.hse.ie">fiona.monaghan@mailc.hse.ie</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>To provide participants with basic nutrition information and to improve their level of knowledge about key nutritional issues in young people in care</td>
</tr>
<tr>
<td><strong>Brief description of course content</strong></td>
<td>One day interactive training exploring basic nutrition information, key nutritional issues in young people, menu planning/shopping</td>
</tr>
<tr>
<td><strong>Target groups</strong></td>
<td>Residential childcare workers</td>
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<td><strong>Entry requirements</strong></td>
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<td><strong>Course location</strong></td>
<td>Education Centre, Drumchordra</td>
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<tr>
<td><strong>Course dates and/or frequency of delivery</strong></td>
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<td><strong>Cost</strong></td>
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<td><strong>Assessment</strong></td>
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<td><strong>Accrediting Body</strong></td>
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<td>Course provider / organisation</td>
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<td>Brief description of course content</td>
<td>One day interactive training exploring basic nutrition information, key nutritional issues in young people</td>
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<tr>
<td>Target groups</td>
<td>Youth workers</td>
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<td>Entry requirements</td>
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<tr>
<td>Course location</td>
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<td>Course dates and/or frequency of delivery</td>
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<td>Cost</td>
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<td>Accrediting Body</td>
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**Parental Sexual Health Training**

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<td>Address</td>
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<td></td>
<td>Health Promotion Department, St. Davnets, Monaghan</td>
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<tr>
<td>Organisation mission statement</td>
<td>To provide a service at regional level for the planning, development and delivery of a needs-based out of school youth service, with a focus on developing practical, evidence-based, usable and quality assured health promotion modules in the framework of a training the trainers model.</td>
</tr>
<tr>
<td>Contact person</td>
<td>Dave Mc Sweeney, Jennifer Treanor, Olivia Mc Geough</td>
</tr>
<tr>
<td>Job title</td>
<td>Youth Health Development Officers</td>
</tr>
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</tr>
<tr>
<td></td>
<td><a href="mailto:olivia.mcgeough@mail.e.hse.ie">olivia.mcgeough@mail.e.hse.ie</a></td>
</tr>
<tr>
<td>Course aim &amp; objectives</td>
<td>To provide current &amp; accurate Sexual Health Information to parents. To provide take home resources for parental use on the issue of talking to their children about Relationships &amp; Sexual Health.</td>
</tr>
<tr>
<td>Brief description of course content</td>
<td>• Addressing Frequently Asked Questions &amp; myths.</td>
</tr>
<tr>
<td></td>
<td>• Parents Talking to Young People about Sexual Health</td>
</tr>
<tr>
<td></td>
<td>• STI's &amp; Contraception</td>
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<tr>
<td>Target groups</td>
<td>Any parents group in the community</td>
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<td>Entry requirements</td>
<td>N/A</td>
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<td>Course location</td>
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<tr>
<td>Course dates and/or frequency of delivery</td>
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<tr>
<td>Cost</td>
<td>N/A</td>
</tr>
<tr>
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<tr>
<td>Qualification</td>
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<tr>
<td>Accredit ing Body</td>
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</table>
### safeTALK (Suicide Alertness for Everyone)

| Course provider / organisation | HSE – Health Promotion Department |
| Address                        | St. Brigid’s Complex, Kells Road, Ardee, Co. Louth. |
| Organisation mission statement | “In partnership with our resident population, their representatives and carers, HSE Dublin North East Health Promotion Function will do its utmost to maintain, protect and promote good health through the provision of quality and cost effective services” |
| Contact person                 | John McGuire |
| Job title                      | Resource Officer |
| Telephone no                   | 041-6850671 |
| Email                          | john.mcguire@maile.hse.ie |
| Course aim & objectives        | A program that teaches members of the community to recognize persons with thoughts of suicide and to connect them to suicide first aid resources |
| Brief description of course content | safeTALK is a training programme aimed at virtually everyone over the age of 15. This program is designed to fill a risk recognition and referral gap. The gap exists because there are not enough people in most communities who want to and can:  
  • recognize that a person might be having thoughts of suicide;  
  • engage in direct and open talk about suicide with a person having thoughts of suicide; and  
  • move quickly to connect that person with someone trained in suicide intervention.  
  
  safeTALK provides training in suicide alertness—the result is a person who wants to and can perform the steps just outlined. |
| Target groups                  | Virtually everyone over the age of 15 |
| Entry requirements             | Anyone with an interest in helping to reduce the burden of suicide in their communities |
| Course location                | Various venues |
| Course dates and/or frequency of delivery | 8 per annum |
| Cost                           | Free to participants |
| Assessment                     | N/A |
| Qualification                  | N/A |
| Accrediting Body               | N/A |
Course provider / organisation: HSE Dublin North East Health Promotion Department
Address: Health Promotion Department, Railway Street, Navan
Health Promotion Department, St. Davnets, Monaghan

Organisation mission statement: To provide a service at regional level for the planning, development and delivery of a needs-based out of school youth service, with a focus on developing practical, evidence-based, usable and quality assured health promotion modules in the framework of a training the trainers model.

Contact person: Dave Mc Sweeney, Jennifer Treanor, Olivia Mc Geough
Job title: Youth Health Development Officers
Telephone no: 046 9076424 (Navan) & 047 77852 (Monaghan)
Email: david.mcsweeney@maile.hse.ie
jennifer.treanor@maile.hse.ie
olivia.mcgeough@maile.hse.ie

Course aim & objectives: An introduction to working with people with learning disability in the areas of Sexuality, Sexual expression & Personal Relationships.

Brief description of course content:
- Explore personal and societal attitudes and values around issues connected to sexuality and sexual expression, particularly in relation to people with learning disability.
- Examine personal, social and physical life stages in relation to people with learning disability and how these may impact on family and carers.
- Identify and examine issues in relation to consent in the lives of people with learning disability, specifically in the area of personal relationships and sexual expression.
- Identify and discuss emergent issues regarding the drafting of policy and procedures in relation to child protection and vulnerable adults.
- Examine emergent issues in the work of supporting people with learning disability to access sexual health services.

Target groups: Any out of school setting
Entry requirements: Any staff working with those with disabilities in an out of school setting.
Course location: As requested
Course dates and/or frequency of delivery: By request – please contact the Youth Health Team for further details
Cost: N/A
Assessment: N/A
Qualification: N/A
Accrediting Body: N/A
| **Course provider / organisation** | Health Promotion Department |
| **Address** | 3rd Floor  
Park House  
North Circular Road  
Dublin 7 |
| **Organisation mission statement** | “In partnership with our resident population, their representatives and carers, HSE Dublin North East Health Promotion Function will do its utmost to maintain, protect and promote good health through the provision of quality and cost effective services” |
| **Contact person** | Caroline Lennon Nally / Debbie Grealish |
| **Job title** | Resource Officer: mental health promotion / suicide prevention / Clerical Officer Grade 3 |
| **Telephone no** | 8823417 |
| **Email** | caroline.lennonnally@mailc.hse.ie / debbie.grealish@mailf.hse.ie |
| **Course aim & objectives** | • Improve interview skills in eliciting suicide risk.  
• Improve skills in managing people in crisis situations.  
• Increase confidence in dealing with people who are suicidal  
• Improve attitudes in dealing with people who are suicidal |
| **Brief description of course content** | Storm is an evidence-based practical course designed to improve the confidence, skills and knowledge in both the assessment & management of clients at risk of self-harm or suicide.  
• Assessment  
• Crisis Management  
• Problem Solving  
• Crisis Prevention |
<p>| <strong>Target groups</strong> | Professionals |
| <strong>Entry requirements</strong> | N/A |
| <strong>Course location</strong> | Marine Hotel, Sutton Cross. Sutton, Co. Dublin |
| <strong>Course dates and/or frequency of delivery</strong> | Once every month (excluding July &amp; August) |
| <strong>Cost</strong> | N/A |
| <strong>Assessment</strong> | Completion of 2 day training |
| <strong>Qualification</strong> | Certificate |
| <strong>Accrediting Body</strong> |  |</p>
<table>
<thead>
<tr>
<th><strong>Course provider / organisation</strong></th>
<th>H.S.E Dublin North East</th>
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<tbody>
<tr>
<td><strong>Address</strong></td>
<td>C/o Women’s Health/Health Promotion</td>
</tr>
<tr>
<td></td>
<td>H.S.E.Dublin North East</td>
</tr>
<tr>
<td></td>
<td>3rd Floor Park House</td>
</tr>
<tr>
<td></td>
<td>North Circular Rd Dublin 7</td>
</tr>
<tr>
<td><strong>Organisation mission statement</strong></td>
<td>“In partnership with our resident population, their representatives and carers, HSE Dublin North East Health Promotion Function will do its utmost to maintain, protect and promote good health through the provision of quality and cost effective services”</td>
</tr>
<tr>
<td><strong>Contact person</strong></td>
<td>Mary Russell</td>
</tr>
<tr>
<td><strong>Job title</strong></td>
<td>Teen Health Co-ordinator</td>
</tr>
<tr>
<td><strong>Telephone no</strong></td>
<td>8823420/18 or 086-8521537</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:Marya.Russell@mailc.hse.ie">Marya.Russell@mailc.hse.ie</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>• To reflect on their own attitudes to relationships and sexuality</td>
</tr>
<tr>
<td></td>
<td>• To reflect on their attitudes to health issues</td>
</tr>
<tr>
<td></td>
<td>• To develop skills and a methodology for working with groups</td>
</tr>
<tr>
<td></td>
<td>• To develop a programme and materials necessary to implement a programme</td>
</tr>
<tr>
<td></td>
<td>• To evaluate the programme and training component after implementation</td>
</tr>
<tr>
<td><strong>Brief description of course content</strong></td>
<td>12 days spread over weeks which covers facilitation, self awareness, self esteem, communication, factual information, sti’s, contraception, sexual abuse, policy etc</td>
</tr>
<tr>
<td><strong>Target groups</strong></td>
<td>Youth Workers working with disadvantaged groups of young people</td>
</tr>
<tr>
<td><strong>Entry requirements</strong></td>
<td>Must have access to young people to implement the programme on completion Youth ,Work</td>
</tr>
<tr>
<td><strong>Course location</strong></td>
<td>Dublin City</td>
</tr>
<tr>
<td><strong>Course dates and/or frequency of delivery</strong></td>
<td>Biannual</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>Free to youth workers working with disadvantaged groups</td>
</tr>
<tr>
<td><strong>Assessment</strong></td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Qualification</strong></td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Accrediting Body</strong></td>
<td>N/A</td>
</tr>
</tbody>
</table>
Training the Trainers - Sexual Health Awareness

Course provider / organisation: HSE Dublin North East Health Promotion Department
Address: Health Promotion Department, Railway Street, Navan
Health Promotion Department, St. Davnets, Monaghan

Organisation mission statement: To provide a service at regional level for the planning, development and delivery of a needs-based out of school youth service, with a focus on developing practical, evidence-based, usable and quality assured health promotion modules in the framework of a training the trainers model.

Contact person: Dave Mc Sweeney, Jennifer Treanor, Olivia Mc Geough
Job title: Youth Health Development Officers
Telephone no: 046 9076424 (Navan) & 047 77852 (Monaghan)
Email: david.mcsweeney@maile.hse.ie
          jennifer.treanor@maile.hse.ie
          olivia.mcgeough@maile.hse.ie

Course aim & objectives: To increase the awareness and knowledge levels of project workers in relation to the key issues affecting young people and their sexual health.

At the end of the course, participants will:
- Have a better understanding of the needs of young people in relation to Sexual Health.
- Understand the core relation between self-esteem and healthy sexual expression.
- Have current information on Contraception and Sexually Transmitted Infections.
- Have an awareness of the importance of addressing Lesbian, Gay and Bi-sexual issues as part of any sexual health programme.

Brief description of course content: This course includes information on:
- The needs of young people in relation to Sexual Health.
- The core relationship between self-esteem and healthy sexual expression.
- Current information on Contraception and Sexually Transmitted Infections.
- The importance of addressing Lesbian, Gay and Bi-sexual issues as part of any sexual health programme.

Target groups: Any out of school setting
Entry requirements: N/A
Course location: By request
Course dates and/or frequency of delivery: By request – please contact the Youth Health Team for further details
Cost: N/A
Assessment: N/A
Qualification: N/A
Accrediting Body: N/A
## Approaches To Drug Education

| Course provider / organisation | Health Promotion Department, HSE Dublin North East |
| Address                        | St Brigid’s Complex, Ardee, Co Louth |
| Organisation mission statement | In line with building on experience – National Drugs Strategy 2001-2008, the overall strategic objective of this service is to significantly reduce the harm caused to individuals and society by the misuse of drugs through a concerted focus on prevention, education and research. |
| Contact person                 | Elizabeth-Ann McKevitt |
| Job title                      | Health Education Officer for Substance Misuse |
| Telephone no                   | 041 6856994 |
| Email                          | Elizann.mckevitt@mail.hse.ie |
| Course aim & objectives        | This course will address the capacity building of Youth Leaders throughout the HSE Dublin North East Region in the planning and delivery of Substance Misuse Education Programmes. |
| Brief description of course content |  |
| - Perspectives on working with young people on the issues of substance misuse. |
| - Attitudes and values.         | |
| - Programme planning, delivery and evaluation | |
| - Policy development.           | |
| - Target groups                 | |
| Target groups                   | Youth workers throughout HSE Dublin North East Residential childcare staff, Family support workers, Primary Health Care workers |
| Entry requirements              | As above |
| Course location                 | Louth / Meath /Cavan / Monaghan |
| Course dates and/or frequency of delivery | By request – Please contact HSE for further details |
| Cost                            | No charge |
| Assessment                      | n/a |
| Qualification                   | n/a |
| Accrediting Body                | n/a |
### Course Aim & Objectives
To provide a broad overview of the key theoretical frameworks in relation to substance use in a multi-disciplinary and multi-sectoral setting.

### Brief Description of Course Content
The course is designed to encourage students towards active participation, critical debate and social action through the methodology of Adult Education.

### Target Groups
Those engaged in Prevention, Treatment and Rehabilitation initiatives at community, voluntary and statutory sector levels.

### Course Dates and/or Frequency of Delivery
- 1 Certificate Course per year
- 1 Diploma Course per 2 years
  (both run through Academic Year)

### Cost
No Cost (as part of Addiction Service Capacity Building Programme)

### Assessment
5 written Assessments (3 individual, 2 Group)

### Qualification
- Certificate in Addiction Studies
- Diploma in Addiction Studies

### Accrediting Body
NUI Maynooth
<table>
<thead>
<tr>
<th><strong>Course provider / organisation</strong></th>
<th>Health Promotion Department, HSE Dublin North East</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address</strong></td>
<td>St Brigid’s Complex, Ardee, Co Louth</td>
</tr>
<tr>
<td><strong>Organisation mission statement</strong></td>
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</tr>
<tr>
<td><strong>Contact person</strong></td>
<td>Elizabeth-Ann McKevitt</td>
</tr>
<tr>
<td><strong>Job title</strong></td>
<td>Health Education Officer for Substance Misuse</td>
</tr>
<tr>
<td><strong>Telephone no</strong></td>
<td>041 6856994</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:Elizann.mckevitt@mail.hse.ie">Elizann.mckevitt@mail.hse.ie</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>The aim of this course is to contribute to Drug Education and the prevention of drug problems at a local level.</td>
</tr>
</tbody>
</table>
| **Brief description of course content** | • Attitudes and values to substance misuse.  
• Signs, symptoms & effects of substance misuse.  
• Interventions and onward referral options.  
• Brief description of course content |
| **Target groups**                 | Community groups, parents, teachers, Gardai and interested members of the community. |
| **Entry requirements**            | As above |
| **Course location**               | Louth / Meath /Cavan / Monaghan |
| **Course dates and/or frequency of delivery** | By request – Please contact HSE for further details |
| **Cost**                          | No charge |
| **Assessment**                    | n/a |
| **Qualification**                 | n/a |
| **Accrediting Body**              | n/a |
**Course provider / organisation**
Addiction Service / Health Promotion Department  
HSE Dublin NE

**Address**
St Brigid’s Complex  
Ardee  
Co Louth  

**Organisation mission statement**
In line with building on experience – National Drugs Strategy 2001-2008, the overall strategic objective of the service is: to significantly reduce the harm caused to individuals and society by the misuse of drugs through a concerted focus on supply reduction, prevention, treatment and research.

**Contact person**
Lesley O Sullivan / Elizabeth-Ann McKevitt

**Job title**
Drug Service Facilitator / Health Education Officer

**Telephone no**
041 6856994

**Email**
Lesley.osullivan@mail.hse.ie

**Course aim & objectives**
This is a six week programme aimed at young people who have been identified by various communities as an at risk group

**Brief description of course content**
It aims to give participants a full knowledge of issues surrounding substance misuse; it also challenges attitudes and beliefs and aims to empower young people to make informed choices.

**Target groups**
At risk young people

**Entry requirements**
As above

**Course location**
Louth / Meath

**Course dates and/or frequency of delivery**
By request, approximately 30 per annum

**Cost**
No charge

**Assessment**
n/a

**Qualification**
n/a

**Accrediting Body**
n/a
| **Course provider / organisation** | Childcare Training & Development Unit  
CTDU,  
HSE Dublin North East,  
Third Floor,  
Park House,  
NCR, D7 |
<table>
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<tr>
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</thead>
<tbody>
<tr>
<td><strong>Address</strong></td>
<td>The Childcare Training and Development Unit delivers training and development interventions based on legislation, policy and best practice in child protection, alternative care and family support services. We support needs based learning through consultation with stakeholders.</td>
</tr>
<tr>
<td><strong>Contact person</strong></td>
<td>Paul Fitzgibbon</td>
</tr>
<tr>
<td><strong>Job title</strong></td>
<td>Manager CTDU</td>
</tr>
<tr>
<td><strong>Telephone no</strong></td>
<td>(01) 8823433</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:paul.fitzgibbon@mailc.hse.ie">paul.fitzgibbon@mailc.hse.ie</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>Aim: The briefing sessions are designed to give an overview of the Guidelines and the responsibilities that are placed on staff working with children and families.</td>
</tr>
<tr>
<td><strong>Brief description of course content</strong></td>
<td>A 2.5 hour briefing on the National Guidelines</td>
</tr>
<tr>
<td><strong>Target groups</strong></td>
<td>Personnel working with and/or concerned with the welfare and protection of children, young people and their families</td>
</tr>
<tr>
<td><strong>Entry requirements</strong></td>
<td>N/a</td>
</tr>
<tr>
<td><strong>Course location</strong></td>
<td>Various, North Dublin</td>
</tr>
<tr>
<td><strong>Course dates and/or frequency of delivery</strong></td>
<td>Contact CTDU for current dates</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>N/a</td>
</tr>
<tr>
<td><strong>Assessment</strong></td>
<td>N/a</td>
</tr>
<tr>
<td><strong>Qualification</strong></td>
<td>Certificate of attendance is available</td>
</tr>
<tr>
<td><strong>Accrediting Body</strong></td>
<td>N/a</td>
</tr>
</tbody>
</table>
| Course provider / organisation | Childcare Training & Development Unit CTDU,  
HSE Dublin North East,  
Third Floor,  
Park House,  
NCR, D7 |
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<td>Contact person</td>
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</tr>
<tr>
<td>Job title</td>
<td>Manager CTDU</td>
</tr>
<tr>
<td>Telephone no</td>
<td>(01) 8823433</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:paul.fitzgibbon@mailc.hse.ie">paul.fitzgibbon@mailc.hse.ie</a></td>
</tr>
<tr>
<td>Course aim &amp; objectives</td>
<td>Aim: to improve services to children and families through increasing understanding of child abuse and enhancing inter-professional and inter-agency co-operation.</td>
</tr>
</tbody>
</table>
|                              | Objectives:  
• To provide an overview of the legislation which impacts the work of child protection and welfare  
• To identify participants own value base and link it with best practice in child protection and welfare  
• To improve communications between agencies and professionals in relation to child protection and welfare  
• To consider how we work in partnership with children and families. To consider factors which influence meeting children’s needs  
• To provide an overview of the different types of child abuse and how to recognise them  
• To develop a safe and appropriate response to an adult or child making a disclosure  
• To develop an awareness of reporting responsibilities  
• To consider personal strategies for ‘working together’. |
| Brief description of course content | A 2-day course that addresses the application of Children First Guidelines |
| Target groups                 | (A) Designated Officers of HSE and (B) Designated Personnel of Community/Voluntary and other Statutory Agencies. |
| Entry requirements            | Priority is given to personnel with direct responsibility for child protection procedures in their agency and to those agencies that have developed child protection policy and procedures in line with Children First |
| Course location               | Various, North Dublin                           |
| Course dates and/or frequency of delivery | Contact CTDU for current dates |
| Cost                          | N/a                                              |
| Assessment                    | N/a                                              |
| Qualification                 | Certificate of attendance is available          |
| Accrediting Body              | N/a                                              |
### Course provider / organisation
Community Nutrition and Dietetic Service, Health Promotion Department, HSE Dublin North East

### Address
Health Promotion Department  
St. Brigid's Complex  
Ardee, Co. Louth

### Organisation mission statement
"In partnership with our resident population, their representatives and carers, HSE Dublin North East Health Promotion Function will do its utmost to maintain, protect and promote good health through the provision of quality and cost effective services."

### Contact person
Susanne Shevlin

### Telephone no
041-6860713

### Email
Susanne.shevlin@maile.hse.ie

### Course aim & objectives
The aims of the cook it! Programme are:
- To increase understanding of healthy eating
- To demonstrate that it is possible to eat healthily on a budget
- To enhance cooking skills and increase confidence in cooking
- To encourage appropriate changes in eating patterns

The aim of the Cook it! leader programme is to train local leaders to run the Cook it! Programme within their own communities/ organisations.

### Brief description of course content
The Cook it! Leader programme covers:
- Outline of the Cook it! Programme
- Healthy eating key messages with emphasis on the Food Pyramid throughout
- How to run a Cook it! Programme
- Practical cookery session
- Quizzes and activities are included as part of the programme
- People working with disadvantaged/ low income groups e.g. Family support workers working with clients
- Primary Healthcare workers working with Travellers
- People with disabilities
- People working with young mothers/ single mothers
- Youth groups

### Target groups
N/A

### Entry requirements
N/A

### Course location
One course run per county annually - Louth, Meath, Cavan, Monaghan

### Course dates and/or frequency of delivery
One course run per county annually - Louth, Meath, Cavan, Monaghan. Each leader course is run over four half-days, usually mornings i.e. one morning a week for four weeks. Dates are organised locally. Please contact Senior Community Dietitian for further details.

### Cost
Applicants are not charged to attend the training.

### Assessment
None

### Qualification
Leaders receive a Health Promotion Certificate to say that they have completed Cook it! Leader training.

### Accrediting Body
N/A
<table>
<thead>
<tr>
<th><strong>Course provider / organisation</strong></th>
<th>Health Promotion Corner</th>
</tr>
</thead>
</table>
| **Address**                       | Our Lady of Lourdes Hospital  
Drogheda  
Co Louth |
| **Organisation mission statement** | “In partnership with our resident population, their representatives and carers, HSE Dublin North East Health Promotion Function will do its utmost to maintain, protect and promote good health through the provision of quality and cost effective services” |
| **Contact person**                | Madeleine Kennedy |
| **Job title**                     | Health Promotion Corner Co-ordinator |
| **Telephone no**                  | 041 9874732 |
| **Email**                         | Madeline.kennedy@maile.hse.ie |
| **Course aim & objectives**       | The purpose of this programme is to address the issue of childhood accidents occurring to children under 5 yr olds. |
| **Brief description of course content** | Training on safety related topics e.g. poison prevention to build on existing training of communication skills and first aid to bring safety messages and injury prevention methods to parents/guardians with children under 5yr olds. |
| **Target groups**                 | Traveller Families with children under five years  
Those working with Traveller Families |
| **Entry requirements**            | Community Worker Primary Health Care for Travellers |
| **Course location**               | Navan, Co Meath |
| **Course dates and/or frequency of delivery** | Every two months |
| **Cost**                          | N/A |
| **Assessment**                    | N/A |
| **Qualification**                 | N/A |
| **Accrediting Body**              | N/A |
Men's Health/Health Promotion Dept, HSE Dublin North East

In collaboration with various departments in the Health Service Executive North Dublin North East and in partnership with men, local communities, statutory and voluntary agencies, the aim of Men's Health is to achieve enhanced health outcomes for men and promote men-friendly services.

Aim: To provide background of the issues relating to men's health with a view to the participants developing healthier lifestyles

Objectives

- Explored their own level of understanding in relation to men’s health issues
- Gained an understanding of men’s current health status
- Explored issues relating to men’s health seeking behaviour
- Acquired the necessary knowledge and skills in formulating men’s health promoting initiatives relevant to the community setting

The course content includes mortality, illness patterns and lifestyle issues for men. It also examines the impact of masculinity on men’s health and highlights the evidence based men's health promotion initiatives that work for men.

Each week the course included an activity e.g. trip to Carlingford Adventure Centre.

Male Travellers

Adult Male Travellers wishing to make healthier lifestyle choices

By request

By request -please contact Men’s Health Development Officer for details

The course was funded through Traveller Health Unit, HSE Dublin North East

N/A

HSE certificate of completion was awarded to each participant

N/A
### Men’s Health Awareness Course with Travellers Primary Health Care Projects

**Course provider / organisation**  
Men’s Health/Health Promotion Dept,  
HSE Dublin North East

**Address**  
Men’s Health Development Officer  
Health Service Executive  
Dublin Rd.,  
Kells, Co. Meath

**Organisation mission statement**  
In collaboration with various departments in the Health Service Executive North Dublin North East and in partnership with men, local communities, statutory and voluntary agencies, the aim of Men’s Health is to achieve enhanced health outcomes for men and promote men-friendly services.

**Contact person**  
Finian Murray

**Job title**  
Men’s Health Development Officer

**Telephone no**  
046 9280644

**Email**  
finian.murray@maile.hse.ie

**Course aim & objectives**  
Aim: To provide participants with a background of the issues relating to men’s health with a view to developing health promoting initiatives with men.  
Objectives  
- Explored their own level of understanding in relation to men’s health issues  
- Gained an understanding of men’s current health status  
- Explored issues relating to men’s health seeking behaviour  
- Acquired the necessary knowledge and skills in formulating men’s health promoting initiatives relevant to the community setting

**Brief description of course content**  
The course content includes male mortality, illness patterns and lifestyle issues. It also examines the impact of masculinity on men’s health and highlights the evidence based men’s health promotion initiatives that work with men.

**Target groups**  
Traveller Primary Health Projects

**Entry requirements**  
Trainee Primary Health Care Workers

**Course location**  
By request

**Course dates and/or frequency of delivery**  
By request -please contact Men’s Health Development Officer for details

**Cost**  
The Primary Health Care Projects are funded through Traveller Health Unit, HSE Dublin North East

**Assessment**  
N/A

**Qualification**  
Primary Health Care Projects award certificates at the end of the two year programmes.

**Accrediting Body**  
N/A
### Course provider / organisation
Men’s Health/Health Promotion Dept, HSE Dublin North East

### Address
Men’s Health Development Officer
Health Service Executive
Dublin Rd., Kells, Co. Meath

### Organisation mission statement
In collaboration with various departments in the Health Service Executive North Dublin North East and in partnership with men, local communities, statutory and voluntary agencies, the aim of Men’s Health is to achieve enhanced health outcomes for men and promote men-friendly services.

### Contact person
Finian Murray

### Job title
Men’s Health Development Officer

### Telephone no
046 9280644

### Email
finian.murray@maile.hse.ie

### Course aim & objectives
**Aim:** To provide participants with a background of the issues in relation to Cardiovascular Disease and Cancer with a view to developing healthier lifestyles

**Objectives**
- Explored their own level of understanding in relation to Cardiovascular Disease and Cancer
- Gained an understanding of men’s current health status
- Explored issues relating to men’s health seeking behaviour
- Acquired the necessary knowledge and skills in developing healthier lifestyles

### Brief description of course content
The course content included male mortality and morbidity patterns in relation to Cardiovascular Disease and Cancer. It also examined lifestyle issues and the impact of masculinity on men’s health.

### Target groups
Gay and Bi-sexual men

### Entry requirements
Gay and Bi-sexual men

### Course location
Men’s Group

### Course dates and/or frequency of delivery
By request - please contact Men’s Health Development Officer for details

### Cost
Please contact Men’s Health Development Officer for details

### Assessment
Course evaluated and feedback very positive.

### Qualification
N/A

### Accrediting Body
N/A
Men’s Health Module with Equal North East, Dundalk

Course provider / organisation
Men’s Health/Health Promotion Dept, HSE Dublin North East

Address
Men’s Health Development Officer
Health Service Executive
Dublin Rd., Kells, Co. Meath

Organisation mission statement
In collaboration with various departments in the Health Service Executive North Dublin North East and in partnership with men, local communities, statutory and voluntary agencies, the aim of Men’s Health is to achieve enhanced health outcomes for men and promote men-friendly services.

Contact person
Finian Murray

Job title
Men’s Health Development Officer

Telephone no
046 9280644

Email
finian.murray@maile.hse.ie

Course aim & objectives
Aim: To provide participants with a background of the issues in relation to men’s health with a view to developing healthier lifestyles

Objectives
• Explored their own level of understanding in relation to men’s health
• Gained an understanding of men’s current health status
• Explored issues relating to men’s health seeking behaviour
• Acquired the necessary knowledge and skills in developing healthier lifestyles

Brief description of course content
The course content included male mortality and illness patterns in relation to men’s health. It also examined lifestyle issues and the impact of masculinity on men’s health.

Target groups
Participants on the Equal North East Programme

Entry requirements
Eligibility criteria to participate on Equal North East

Course location
By request - please contact Men’s Health Development Officer for details

Course dates and/or frequency of delivery
By request - please contact Men’s Health Development Officer for details

Cost
The course was requested by Equal North East as part of their year long education programme funded through the Department of Enterprise, Trade and Employment.

Assessment
Course evaluated and feedback very positive.

Qualification
N/A

Accrediting Body
N/A
| Course provider / organisation | Men’s Health/Health Promotion Dept, HSE Dublin North East |
| Address | Men’s Health Development Officer Health Service Executive Dublin Rd., Kells, Co. Meath |
| Organisation mission statement | In collaboration with various departments in the Health Service Executive North Dublin North East and in partnership with men, local communities, statutory and voluntary agencies, the aim of Men’s Health is to achieve enhanced health outcomes for men and promote men-friendly services. |
| Contact person | Finian Murray |
| Job title | Men’s Health Development Officer |
| Telephone no | 046 9280644 |
| Email | finian.murray@maile.hse.ie |
| Course aim & objectives | Aim: To provide participants with a background of the issues in relation to men’s health with a view to developing healthier lifestyles |
| | Objectives |
| | • Explored their own level of understanding in relation to men’s health |
| | • Gained an understanding of men’s current health status |
| | • Explored issues relating to men’s health seeking behaviour |
| | • Acquired the necessary knowledge and skills in developing healthier lifestyles |
| Brief description of course content | The course content included male mortality and illness patterns in relation to men’s health. It also examined lifestyle issues and the impact of masculinity on men’s health. |
| Target groups | Participants on the Freshstart Programme |
| Entry requirements | Eligibility criteria to participate on Freshstart |
| Course location | By request |
| Course dates and/or frequency of delivery | By request - please contact Men’s Health Development Officer for details |
| Cost | The course was requested by Freshstart as part of their year long education programme funded through the Department of Enterprise, Trade and Employment. |
| Assessment | Course evaluated and feedback very positive. |
| Qualification | N/A |
| Accrediting Body | N/A |
| Course provider / organisation | Men’s Health/Health Promotion Dept, HSE Dublin North East |
| Address | Men’s Health Development Officer  
Health Service Executive  
Dublin Rd.,  
Kells, Co. Meath |
| Organisation mission statement | In collaboration with various departments in the Health Service Executive North Dublin North East and in partnership with men, local communities, statutory and voluntary agencies, the aim of Men’s Health is to achieve enhanced health outcomes for men and promote men-friendly services. |
| Contact person | Finian Murray |
| Job title | Men’s Health Development Officer |
| Telephone no | 046 9280644 |
| Email | finian.murray@maile.hse.ie |
| Course aim & objectives | Aim: To provide background of the issues relating to men’s health with a view to the participants developing healthier lifestyles  
Objectives  
- Explored their own level of understanding in relation to men’s health issues  
- Gained an understanding of men’s current health status  
- Explored issues relating to men’s health seeking behaviour  
- Acquired the necessary knowledge and skills in formulating men’s health promoting initiatives relevant to the community setting |
| Brief description of course content | The course content includes mortality, illness patterns and lifestyle issues for men. It also examines the impact of masculinity on men’s health and highlights the evidence based men’s health promotion initiatives that work for men.  
The course also included weekly sessions in a Navan gym and Kells Swimming Pool |
<p>| Target groups | Male Travellers |
| Entry requirements | Male Travellers wishing to make healthier lifestyle choices |
| Course location | By request |
| Course dates and/or frequency of delivery | By request - please contact Men’s Health Development Officer for details |
| Cost | The course was funded through Traveller Health Unit, HSE Dublin North East |
| Assessment | N/A |
| Qualification | HSE certificate of completion awarded to each participant |
| Accrediting Body | N/A |</p>
<table>
<thead>
<tr>
<th><strong>Course provider / organisation</strong></th>
<th>Rosemary O’Callaghan, Women’s Health</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address</strong></td>
<td>94- 94 Park St Dundalk</td>
</tr>
<tr>
<td><strong>Organisation mission statement</strong></td>
<td>“In partnership with our resident population, their representatives and carers, HSE Dublin North East Health Promotion Function will do its utmost to maintain, protect and promote good health through the provision of quality and cost effective services”</td>
</tr>
<tr>
<td><strong>Contact person</strong></td>
<td>Rosemary O’Callaghan</td>
</tr>
<tr>
<td><strong>Job title</strong></td>
<td>Women’s Health Development Officer</td>
</tr>
<tr>
<td><strong>Telephone no</strong></td>
<td>042 93 88240</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:rosemaryp.ocallaghan@maile.hse.ie">rosemaryp.ocallaghan@maile.hse.ie</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>To provide participants with the knowledge, skills and attitude to equip them to offer more effective interventions to mothers and their families in the community.</td>
</tr>
</tbody>
</table>
| **Brief description of course content** | This course will:  
• Describe Perinatal Depression and the theories surrounding it  
• Discuss strategies used in effective prevention of Postnatal Depression  
• Discuss use of the Edinburgh Postnatal Depression scale (EPDS)  
• Introduction to person-centred counselling principles |
| **Target groups**                 | Public health nurses, midwives, practice nurses, doctors, family support workers, social workers and any staff who work with pregnant or postnatal mothers. |
| **Entry requirements**            | N/A                                   |
| **Course location**               | Various locations by request.         |
| **Course dates and/or frequency of delivery** | Please contact the Women’s Health Development Officer for details |
| **Cost**                          | Own time                              |
| **Assessment**                    | N/A                                   |
| **Qualification**                 | Category 1                            |
| **Accrediting Body**              | An Bord Altranais                     |
| **Course provider / organisation** | Rosemary O’Callaghan, Women’s Health |
| **Address** | 94-94 Park St Dundalk |

**Organisation mission statement**

“In partnership with our resident population, their representatives and carers, HSE Dublin North East Health Promotion Function will do its utmost to maintain, protect and promote good health through the provision of quality and cost effective services”

**Contact person**

Rosemary O’Callaghan

**Job title**

Women’s Health Development Officer

**Telephone no**

042 93 88240

**Email**

rosemaryp.ocallaghan@maile.hse.ie

**Course aim & objectives**

To provide participants with the opportunity to develop improved communication skills to equip them to offer more effective interventions to clients and their families.

**Brief description of course content**

This course will

- Introduce person-centred counselling principles
- Assist participants in exploring the application of the person-centered approach in their work

**Target groups**

Public health nurses, midwives, practice nurses, family support workers, health promotion staff, social workers etc.

**Entry requirements**

N/A

**Course location**

Various locations, by request.

**Course dates and/or frequency of delivery**

Please contact the Women’s Health Development Officer for details

**Cost**

€700 Tutor: Eamon McElwee, BA, MA, MPS, HIDE, MIACP, MIITD

**Assessment**

Nil

**Qualification**

Category 1

**Accrediting Body**

An Bord Altranais
<table>
<thead>
<tr>
<th><strong>Course provider / organisation</strong></th>
<th>Irish Family Planning Association</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address</strong></td>
<td>60 Amiens St.</td>
</tr>
<tr>
<td></td>
<td>Dublin 1</td>
</tr>
</tbody>
</table>

**Organisation mission statement**

IFPA envisions an Irish society where all people can enjoy a fulfilling sex life and can make informed choices in their sexual and reproductive lives; where there is full access to high quality information, education and health services regarding sex, sexuality, conception, contraception, safe abortion and sexually transmitted infections.

**Contact person**

Shirley Harper

**Job title**

Training Co-ordinator

**Telephone no**

01 806 9444

**Email**

shirley.harper@ifpa.ie

**Course aim & objectives**

To enable participants to understand their own and be able to educate their friends, family and peers on sexuality and sexual health including access to services and advocating with local government to improve services in their area.

**Brief description of course content**

There are three principal aspects to the course sexuality and sexual health, local development and communication skills.

**Target groups**

Women of all ages, particularly those from disadvantaged areas

**Entry requirements**

N/A

**Course location**

On-site or off-site training provided

**Course dates and/or frequency of delivery**

Duration: approx. 10 weeks, 1 half day per week, or as appropriate to the groups requirements

**Cost**

Please contact us for details

**Assessment**

Presentation & ongoing evaluation of participation

**Qualification**

Certificate

**Accrediting Body**

Irish Family Planning Association
Living in a Diverse Society FETAC Level 3 (2 day course)

Course provider / organisation
John Doyle Training & Development
See http://www.learningpoint.ie/trainingproviders/index/1151673726597165.html

Address
41 Carriglea View
Firhouse
Dublin 24

Organisation’s mission statement
It is the mission of John Doyle Training & Development to design, deliver and evaluate training and educational materials. We aim to empower, train, and motivate learners through the design and delivery of quality programs to national standards.

Contact person
John Doyle
Manager
01 4662874  085 7059085
jdtandd@eircom.net

Course aim & objectives
Course Aim
The course aim is to promote tolerance, acceptance and respect of people from different cultures and backgrounds. Additionally, it will help participants deal with cultural differences and diversity in a positive manner both in work and in their daily lives.

Course Objectives
On course completion the learners will be able to:
- Develop a basic awareness of their own cultural heritage.
- Explore some manifestations and effects of prejudice and discrimination.
- Demonstrate interactive skills such as listening, empathy, consideration and engaging in dialogue.
- Appreciate positive aspects of cultural diversity.
- Respond in a constructive manner to differing views, backgrounds, practices and cultures.

Brief description of course content
On course completion learners will be able to:
- Discuss their cultural identity.
- Investigate some aspects of their own tradition and folklore.
- Explain the terms, race, ethnic, culture, society, custom.
- Explore some cultural features of at least two other societies eg food, family, structure, music, dress.
- Identify some features of Irish life that come from other cultures or societies.
- Outline a number of ways in which people experience discrimination and/or prejudice.
- Explore the impact of prejudice and discrimination on individuals and groups.
- Understand the term, citizen, asylum seeker, refugee, displaced person.
- Identify agencies in Ireland that work to support human and civil rights.
- Compare a variety of views and opinions concerning intercultural issues eg rights of travellers, making friends outside your familiar group, religion.
- Identify different ways that individuals and groups can promote respect and acceptance and combat discrimination in a local situation.
- Presentations by a Member of a New Community and a member of the Travelling Community

Target groups
Learners from every section of Irish Life

Entry requirements
Target Learner Profile
Age: 16 years upwards
Education/Training: Basic Literacy/Numeracy and Basic command of English language.
Personal skills: No specific skills necessary

Course location
Various

Course dates and/or frequency of delivery
Open courses advertised on http://www.activelink.ie

Cost
Open courses €360 per Learner
Privately run courses €3,000 – up to 20 Learners

Assessment
FETAC Level 3
See http://www.fetac.ie/modules/EF0169.PDF

Qualification
FETAC Level 3 Certificate Minor Award
See http://www.fetac.ie/modules/EF0169.PDF

Accrediting Body
FETAC
De Bono's Six Thinking Hats

Course provider / organisation: LifeHandle
Address: 5 Greenfield Grove, Ashbourne, Co. Meath

Organisation mission statement: Restore and protect mental health in both individuals and organisations.

Contact person: John O’Donoghue B.Sc. Psych
Job title: Stress Management Consultant & Structured Thinking Trainer
Telephone no: 087 6182992
Email: john@lifehandle.com

Course aim & objectives:
• Educate people in how think in a structured manner.
• Give groups a mechanism in how to work together so that they cooperate to solve a problem.

Brief description of course content:
• Outline the function of the six different hats.
• Outline the required meeting ground rules so that the hats can do their job.
• Practice Six Hats Tools on some practice problems.
• If dealing with a cohesive group, use the mechanism to solve a relevant problem.

Target groups: Very useful for groups of people who have to work together e.g. groups of staff, project teams etc

Entry requirements: None

Course location: I can deliver it on site to groups of people.

Course dates and/or frequency of delivery: As required by client.
The course can be given in a one day format, or split up over a number of days.
Course material is given to participants.

Cost: Depends on funding available to the client.

Assessment: None

Qualification: None

Accrediting Body: I have been trained by Cavendish Training, Oxford by Peter de Bono
Course provider / organisation: LifeHandle
Address: 5 Greenfield Grove, Ashbourne, Co. Meath

Organisation mission statement: Restore and protect mental health in both individuals and organisations.

Contact person: John O’Donoghue B.Sc. Psych
Job title: Stress Management Consultant
Telephone no: 087 6182992
Email: john@lifehandle.com

Course aim & objectives: Educate people in how to beat stress through a combination of stress management exercises, lifestyle changes and SMART goal setting.

Brief description of course content:
- Physiology of our stress reaction.
- Stress Management exercises.
- Sources of stress.
- Physical and mental health consequences of stress.
- Lifestyle changes needed to protect against stress.
- Emotional and cognitive support tools to protect against stress.
- SMART goal setting to beat major stressors and achieve important life goals.

Target groups: Mostly people who are working in a stressful environment. People who live stressful lives. Most suited to adults, but teenagers could benefit also.

Entry requirements: None

Course location: I can deliver it on site to groups of people. I also schedule public courses in hotels. The course can be given in a one day format, or split up over a number of days.

Course dates and/or frequency of delivery: Dates of public course available at http://www.lifehandle.com

Cost: Public course price is:
- Full day course is €120
- Half-day course is €55
- In-house course price is dependent on type of organisation.

Course participants also get a 34-page handout detailing all they actually need to know about stress.

Assessment: None

Qualification: None

Accrediting Body: My course is not accredited. However I am a member of the International Stress Management Association.
### Course provider / organisation
Margaret Curran

### Address
Balrath, Drumconrath, Co. Meath

### Contact person
Margaret Curran

### Job title
Cognitive Behaviour Therapist

### Telephone no
041-6854616

### Email
siamsatraining@eircom.net

### Course aim & objectives
The aim of the course is to introduce participants to:
- The link between our thoughts/beliefs and how we feel and behave.
- The impact of our beliefs on our interactions with others
- The impact of others beliefs on their interactions with us
- The relationship between stress and thinking
- Alternative ways of thinking which will enable us to eliminate the negative effects of stress and improve our relationships with others

### Brief description of course content
**Feelings & Behaviour**
- What causes them?
- Who is really responsible for them?
- The difference between healthy and unhealthy emotions and behaviour.
- Replacing unhealthy negative emotions/behaviour with more healthy ones.
- Looking at how and when we take responsibility for how we feel we can change many of the unhealthy habits we may have had in our lives.

**Belief Systems**
- What are they?
- Where do they come from?
- How do they effect how we feel and behave on a day to day basis?
- How to change unhelpful belief systems.
- Examining how when we change unhealthy belief systems we can change how we feel/behave.

### Target groups
Professionals working with children/adolescents.

### Entry requirements
None

### Course location
Various

### Course dates and/or frequency of delivery
Courses conducted on contract basis.

### Cost
Depends on venue and number involved.

### Assessment
N/A

### Qualification
N/A

### Accrediting Body
N/A
Advanced Facilitation Skills

Course provider / organisation  Meitheal
Address  35 Exchequer Street,
Dublin 2

Organisation mission statement  Meitheal is a community development support and training organisation. Our mission is to create radical change through working for equality and social justice. The way we work is guided by the values of community development, equality and feminism.

Contact person  The Administrator
Job title  Administrator
Telephone no  01 6719803
Email  info@meitheal.ie

Course aim & objectives  This 10-day course aims to increase the knowledge, skills and confidence of participants in the role of facilitator.

Learning Outcomes:
  • Knowledge of group theory
  • Increased skills in the role of facilitator
  • Enhanced confidence and self-awareness in the role
  • Identification of personal boundaries and support needs in the role

Brief description of course content  Group Development, Facilitation Supervision, Stages in Groups, Roles in Groups, Power in Groups, Dealing with conflict, Planning, Evaluation

Target groups  This training is for people who are currently working with groups and who wish to further develop their facilitation skills and confidence.

Entry requirements  Priority will be given to those applicants from our target groups

Course location  35 Exchequer Street,
Dublin 2

Course dates and/or frequency of delivery  Spring Term, Summer Term, Autumn Term

Cost  €990

Assessment  Participants are required to attend at least 90% of the training.
  • Each participant will be given the opportunity to facilitate the group for 30 minutes.
  • Feedback will be given after this facilitation practice.
  • Participants are required to be part of a small support group
  • Participants are required to plan and facilitate three x two hour sessions with an outside group
  • In order to receive the Meitheal Certification for this course, there are written assignments, which a participant must submit.

Qualification  Meitheal Certificate

Accrediting Body  Meitheal
<table>
<thead>
<tr>
<th><strong>Course provider / organisation</strong></th>
<th>Meitheal</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address</strong></td>
<td>35 Exchequer Street, Dublin 2</td>
</tr>
<tr>
<td><strong>Organisation mission statement</strong></td>
<td>Meitheal is a community development support and training organisation. Our mission is to create radical change through working for equality and social justice. The way we work is guided by the values of community development, equality and feminism.</td>
</tr>
<tr>
<td><strong>Contact person</strong></td>
<td>The Administrator</td>
</tr>
<tr>
<td><strong>Job title</strong></td>
<td>Administrator</td>
</tr>
<tr>
<td><strong>Telephone no</strong></td>
<td>01 6719803</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:info@meitheal.ie">info@meitheal.ie</a></td>
</tr>
</tbody>
</table>
| **Course aim & objectives**       | This 2 day course aims to develop facilitation practice that is informed by an understanding of the principles of equality. Learning Outcomes:  
  - Participants will deepen their understanding of the different contexts of equality – social, political, cultural, economic and affective.  
  - Participants will understand the links between poverty, diversity and inequality  
  - Participants will develop practice informed by this analysis  |
| **Brief description of course content** | Day 1  Reflection and analysis  
Day 2  Practice and planning for change  |
| **Target groups**                 | The course is intended for people who have some previous experience in facilitating and working in community based or anti-poverty work. Priority will be given to those applicants from our target groups |
| **Entry requirements**            | |
| **Course location**               | 35 Exchequer Street, Dublin 2 |
| **Course dates and/or frequency of delivery** | Spring Term, Summer Term, Autumn Term |
| **Cost**                          | €198 |
| **Assessment**                    | Participants are required to attend at least 90% of the training and actively participate in the group work. |
| **Qualification**                 | Meitheal Certificate |
| **Accrediting Body**              | Meitheal |
Course provider / organisation: Meitheal

Address: 35 Exchequer Street, Dublin 2

Organisation mission statement: Meitheal is a community development support and training organisation. Our mission is to create radical change through working for equality and social justice. The way we work is guided by the values of community development, equality and feminism.

Contact person: The Administrator

Job title: Administrator

Telephone no: 01 6719803

Email: info@meitheal.ie

Course aim & objectives: This 5 day course aims to provide an introduction to facilitation skills and practice and to build participants confidence.

Learning Outcomes:
- Understanding of the role of the facilitator
- Knowledge of the tasks of facilitation
- Identification of own skills and areas for further development

Brief description of course content:
- Role and Tasks of Facilitator
- Using Games & Closing Rounds
- Active Listening Skills
- Facilitation Practice and Feedback
- Preparation and Planning
- Dealing with difficulties
- Evaluation

Target groups: This training is for those who have experience of group participation and for those who are interested in or beginning to work with groups

Entry requirements: Priority will be given to those applicants from our target groups

Course location: 35 Exchequer Street, Dublin 2

Course dates and/or frequency of delivery: Spring Term, Summer Term, Autumn Term

Cost: €495

Assessment:
- Participants are required to attend at least 90% of the training.
- Each participant must attend the first day of the training.
- Each participant will be given the opportunity to facilitate the group for 15 minutes.
- Feedback will be given after this facilitation practice
- Participants are required to participate fully in the course

Qualification: Meitheal Certificate

Accrediting Body: Meitheal
| Course provider / organisation | Meitheal |
| Address                        | 35 Exchequer Street, Dublin 2 |
| Organisation mission statement | Meitheal is a community development support and training organisation. Our mission is to create radical change through working for equality and social justice. The way we work is guided by the values of community development, equality and feminism. |
| Contact person                 | The Administrator |
| Job title                      | Administrator |
| Telephone no                   | 01 6719803 |
| Email                          | info@meitheal.ie |
| Course aim & objectives        | This 2 day course provides an introduction to a model of effective staff support and supervision |
| Brief description of course content | - Defining effective supervision  
- The role of supervision  
- Supervision Contracts  
- Skills Workshops  
- Giving constructive feedback  
- The needs of a supervisor  
- How to build ongoing effective supervision  
- Developing a supervision policy |
| Target groups                  | This training is for Voluntary management committee members and workers who want to develop in their staff support and supervisory role |
| Entry requirements             | Priority will be given to those applicants from our target groups |
| Course location                | 35 Exchequer Street, Dublin 2 |
| Course dates and/or frequency of delivery | Spring Term, Summer Term, Autumn Term |
| Cost                           | €198 |
| Assessment                     | Participants are required to attend at least 90% of the training and actively participate in the group work. |
| Qualification                  | Meitheal Certificate |
| Accrediting Body               | Meitheal |
Course provider / organisation: Midland Training & Education Ltd
Address: 1, Marlinstown Park, Dublin Road, Mullingar, County Westmeath

Organisation mission statement: Our mission is to be the leading provider of quality training services in the Midlands, we know we can achieve this by working in partnership with clients and by providing high quality training solutions that enhance business performance.

Contact person: Marina Gidman
Job title: Sales Executive
Telephone no: 044 93 90210
Email: marina@midlandtraining.ie

Course aim & objectives: The aim of this course is to provide people with a basic skill in dealing with first aid incidents. At the end of this course attendees will understand how to treat a casualty with a minor first aid problem.

Brief description of course content:
- Aim of a First Aider
- Duties of a First Aider
- Dial Emergency services
- Tying bandages
- Recovery position
- CPR
- Making up an arm sling

Target groups: This course is aimed at everyone
Entry requirements: None
Course location: Normally on site
Course dates and/or frequency of delivery: As required
Cost: €1,200 for twelve people on site
Assessment: Throughout the session by tutor
Qualification: Certificate of attendance
Accrediting Body: National Ambulance Training Board on behalf of the Health & Safety Authority
<table>
<thead>
<tr>
<th><strong>Course provider / organisation</strong></th>
<th>Midland Training &amp; Education Ltd</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address</strong></td>
<td>1, Marlinstown Park,</td>
</tr>
<tr>
<td></td>
<td>Dublin Road</td>
</tr>
<tr>
<td></td>
<td>Mullingar,</td>
</tr>
<tr>
<td></td>
<td>County Westmeath</td>
</tr>
<tr>
<td><strong>Organisation mission statement</strong></td>
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</tr>
<tr>
<td><strong>Contact person</strong></td>
<td>Marina Gidman</td>
</tr>
<tr>
<td><strong>Job title</strong></td>
<td>Sales Executive</td>
</tr>
<tr>
<td><strong>Telephone no</strong></td>
<td>044 93 90210</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:marina@midlandtraining.ie">marina@midlandtraining.ie</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>The aim of this course is to provide people with the skills and knowledge to deal with first aid incidents. The objectives of this course are specific to each lesson but mainly to give the attendees the confidence to deal with the unforeseen accidents that occur.</td>
</tr>
<tr>
<td><strong>Brief description of course content</strong></td>
<td>• Assessment, accident scene management, responsibilities of First Aider</td>
</tr>
<tr>
<td></td>
<td>• Circulation, wounds and bleeding</td>
</tr>
<tr>
<td></td>
<td>• Respiratory system, asphyxia, introduction to cardio pulmonary resuscitation</td>
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<tr>
<td></td>
<td>• Heart conditions, choking and CPR</td>
</tr>
<tr>
<td></td>
<td>• Unconsciousness, head injuries, stroke and fainting</td>
</tr>
<tr>
<td></td>
<td>• Fractures, sprains, strains and dislocations</td>
</tr>
<tr>
<td></td>
<td>• Burns, scalds, chemical poisons, electric shock</td>
</tr>
<tr>
<td></td>
<td>• Medical Emergencies (diabetes, asthma and epilepsy), crush and spinal injuries</td>
</tr>
<tr>
<td><strong>Target groups</strong></td>
<td>This course is aimed at people who wish to gain more skills in first aid, no previous knowledge required.</td>
</tr>
<tr>
<td><strong>Entry requirements</strong></td>
<td>Must be over 16</td>
</tr>
<tr>
<td><strong>Course location</strong></td>
<td>Various across Dublin and Midlands</td>
</tr>
<tr>
<td><strong>Course dates and/or frequency of delivery</strong></td>
<td>Normally every eight to ten weeks in each location. Please contact for further details.</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>€380 per person or €2,500 for 12 people on site on dates that suit your company.</td>
</tr>
<tr>
<td><strong>Assessment</strong></td>
<td>On last day by an external examiner</td>
</tr>
<tr>
<td><strong>Qualification</strong></td>
<td>Qualified Occupational First Aider</td>
</tr>
<tr>
<td><strong>Accrediting Body</strong></td>
<td>The National Ambulance Training Board on behalf of the Health &amp; Safety Authority.</td>
</tr>
</tbody>
</table>
## Occupational First Aid Refresher

<table>
<thead>
<tr>
<th><strong>Course provider / organisation</strong></th>
<th>Midland Training &amp; Education Ltd</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address</strong></td>
<td>1, Marlinstown Park, Dublin Road, Mullingar, County Westmeath</td>
</tr>
<tr>
<td><strong>Organisation mission statement</strong></td>
<td>Our mission is to be the leading provider of quality training services in the Midlands, we know we can achieve this by working in partnership with clients and by providing high quality training solutions that enhance business performance.</td>
</tr>
<tr>
<td><strong>Contact person</strong></td>
<td>Marina Gidman</td>
</tr>
<tr>
<td><strong>Job title</strong></td>
<td>Sales Executive</td>
</tr>
<tr>
<td><strong>Telephone no</strong></td>
<td>044 93 90210</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:marina@midlandtraining.ie">marina@midlandtraining.ie</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>The aim of this course is to refresh previous skills learned on a Occupational First Aid training course</td>
</tr>
</tbody>
</table>
| **Brief description of course content** | Refresh skills and theory on the following lessons  
- Assessment, accident scene management, responsibilities of First Aider  
- Circulation, wounds and bleeding  
- Respiratory system, asphyxia, introduction to cardio pulmonary resuscitation  
- Heart conditions, choking and CPR  
- Unconsciousness, head injuries, stroke and fainting  
- Fractures, sprains, strains and dislocations  
- Burns, scalds, chemical poisons, electric shock  
- Medical Emergencies (diabetes, asthma and epilepsy), crush and spinal injuries |
| **Target groups**                 | This course is aimed at people who have attended a Occupational First Aid training course within the last 3 years. |
| **Entry requirements**            | Must hold a Occupational First Aid certificate |
| **Course location**               | Various across Dublin and Midlands |
| **Course dates and/or frequency of delivery** | Normally every eight to ten weeks in each location. Please contact for further details. |
| **Cost**                          | €200 per person or €1,000 for 12 people on site on a date that suit your company. |
| **Assessment**                    | During day by tutor |
| **Qualification**                 | Qualified Occupational First Aider |
| **Accrediting Body**              | The National Ambulance Training Board on behalf of the Health & Safety Authority. |
Course provider / organisation: National Adult Literacy Agency
Address: 76 Lower Gardiner Street
          Dublin 1

Organisation mission statement: NALA is an independent, member-based organisation committed to making sure people with literacy and numeracy difficulties can fully take part in society and have access to learning opportunities that meet their needs.

Contact person: Clodagh McCarthy
Job title: Plain English Co-ordinator
Telephone no: (01) 809 9194
Email: cmccarthy@nala.ie

Course aim & objectives: By the end of this training, participants should be able to:
- outline the level and nature of literacy difficulties in Ireland;
- identify what makes material difficult to read and understand;
- describe the main benefits of plain English; and
- apply the plain English techniques to develop a more friendly style and keep their message clear.

Brief description of course content: The course uses a mix of presentation, relevant examples, discussion and exercises to introduce participants to the literacy issue in Ireland, the most common barriers to clear information and the benefits of plain English and how to communicate more clearly to the people for whom they usually write.

Target groups: The course is aimed at those whose work involves writing or putting documents together, mainly in the public, voluntary and community sectors. Past participants include health promotion officers and hospital staff.

Entry requirements: None

Course location: Open courses in Dublin, Cork, Athlone, but course also available at organisation’s premises if group training requested

Course dates and/or frequency of delivery: Group training on demand – contact the organisation for further details

Cost: Group training is €1400 for up to 15 people
      Open training is 150 per person

Assessment: N/a

Qualification: N/a yet

Accrediting Body: None yet
# ASIST – Applied Suicide Intervention Skills Training

| **Course provider / organisation** | National Youth Health Programme |
| **Address** | NYCI |
| | 3 Montague St |
| | Dublin 2 |
| **Organisation mission statement** | NYHP works in partnership to provide a broad based, flexible health promotion, support and training service to youth organisations and works to ensure that young people’s health is on the policy agenda. |
| **Contact person** | Lynn Swinburne |
| **Job title** | Health Promotion Co-ordinator |
| **Telephone no** | 01 4784122 |
| **Email** | nyhp@nyci.ie |
| **Course aim & objectives** | • Recognise that caregivers and persons at risk are affected by personal and societal attitudes about suicide;  
• Discuss suicide with a person at risk in a direct manner;  
• Identify risk alerts and develop safeplans related to them;  
• Demonstrate the skills required to intervene with a person at risk of suicide;  
• List the types of resources available to a person at risk of suicide, including themselves;  
• Make a commitment to improving community resources;  
• Recognise that suicide prevention is broader than suicide first aid and includes life promotion and self-care for caregivers. |
| **Brief description of course content** | ASIST is a 2-day workshop designed for members of all care giving groups. It enhances caregiver’s skills to intervene until either the immediate risk of suicide is reduced, or additional life-assistance resources can be found. This workshop is designed to give caregivers suicide first aid skills. |
| **Target groups** | • Youth & Community Workers who work with young people in a variety of out-of-school settings;  
• Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops;  
• Health Education & Health Promotion Personnel from Health Service Executive’s who work directly with young people or have a youth health brief;  
• Child Care Workers/Social Care Workers who work directly with young people;  
• Juvenile Liaison Officers/Community Gardai;  
• Others who work with young people in non-formal education settings. |
| **Entry requirements** | n/a |
| **Course location** | Varies |
| **Course dates and/or frequency of delivery** | Varies |
| **Cost** | N/A |
| **Assessment** | N/A |
| **Qualification** | N/A |
| **Accrediting Body** | N/A |
## “Challenging Encounters”

**Strategies for addressing difficult and problematic behaviour when working with young people.**

<table>
<thead>
<tr>
<th><strong>Course provider / organisation</strong></th>
<th>National Youth Health Programme</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address</strong></td>
<td>National Youth Council of Ireland, 3 Montague St, Dublin 2</td>
</tr>
</tbody>
</table>

| **Organisation mission statement** | NYHP works in partnership to provide a broad based, flexible health promotion, support and training service to youth organisations and works to ensure that young people’s health is on the policy agenda. |

<table>
<thead>
<tr>
<th><strong>Contact person</strong></th>
<th>Rosie Boyle or Lynn Swinburne</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Job title</strong></td>
<td>Rosie – NYHP administrator, Lynn – Health promotion co-ordinator</td>
</tr>
<tr>
<td><strong>Telephone no</strong></td>
<td>01 4784122</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:nyhp@nyci.ie">nyhp@nyci.ie</a></td>
</tr>
</tbody>
</table>

| **Course aim & objectives** | • To understand the purpose of anger in human behaviour;  
  • To identify their own anger at points of challenge & conflict and how to manage it;  
  • To explore the triage of relationships in the work environment and the role group contracts have to play in behavioural management;  
  • To identify behaviour management techniques;  
  • To begin to develop the skills to appropriately engage young people at times of difficulty;  
  • To begin to develop the skills to assist young people to problem solve and plan for the future after difficult events. |

| **Brief description of course content** | This is a two-day course for those working with young people in out-of-school settings. It is designed to introduce participants to the theory and skills required to engage young people at points of difficulty and to assist young people to learn from such events for the future. This programme is a combination of theoretical input, demonstration and practice of practical skills and case study review. |

| **Target groups** | • Youth & Community Workers who work with young people in a variety of out-of-school settings;  
  • Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops;  
  • Health Education & Health Promotion Personnel from Health Service Executive’s who work directly with young people.  
  • Child Care Workers/Social Care Workers who work directly with young people.  
  • Juvenile Liaison Officers/Community Gardai  
  • Other working with young people in the non formal education settings |

| **Entry requirements** | N/A |

| **Course location** | Can be requested for anywhere in the country |

| **Course dates and/or frequency of delivery** | When requested or on NYHP training calendar |

| **Cost** | €120 |

| **Assessment** | N/A |

| **Qualification** | N/A |

| **Accrediting Body** | N/A |
# Defusing anger when working with young people

<table>
<thead>
<tr>
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</thead>
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<td>Address</td>
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</tr>
<tr>
<td>Organisation mission statement</td>
<td>NYHP works in partnership to provide a broad based, flexible health promotion, support and training service to youth organisations and works to ensure that young people’s health is on the policy agenda.</td>
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<td>Contact person</td>
<td>Rosie Boyle or Lynn Swinburne</td>
</tr>
<tr>
<td>Job title</td>
<td>Rosie – NYHP administrator \nLynn – Health promotion co-ordinator</td>
</tr>
<tr>
<td>Telephone no</td>
<td>01 4784122</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:nyhp@nyci.ie">nyhp@nyci.ie</a></td>
</tr>
<tr>
<td>Course aim &amp; objectives</td>
<td>• To understand the purpose of anger in human behaviour; \n• To identify their own triggers and anger dissipating techniques; \n• To recognise the role workers play in defusing anger with young people during difficult situations; \n• To begin to develop the skills to manage anger and conflict when working with young people.</td>
</tr>
<tr>
<td>Brief description of course content</td>
<td>This is a one-day introductory course for those working with young people in out-of-school settings. It is designed to enable participants to develop the knowledge and skills to manage anger and conflict situations when working with young people.</td>
</tr>
<tr>
<td>Target groups</td>
<td>• Youth &amp; Community Workers who work with young people in a variety of out-of-school settings; \n• Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops; \n• Health Education &amp; Health Promotion Personnel from Health Service Executive’s who work directly with young people. \n• Child Care Workers/Social Care Workers who work directly with young people. \n• Juvenile Liaison Officers/Community Gardai \n• Other working with young people in the non formal education settings</td>
</tr>
<tr>
<td>Entry requirements</td>
<td>N/A</td>
</tr>
<tr>
<td>Course location</td>
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</tr>
<tr>
<td>Course dates and/or frequency of delivery</td>
<td>When requested or on NYHP training calendar</td>
</tr>
<tr>
<td>Cost</td>
<td>€60</td>
</tr>
<tr>
<td>Assessment</td>
<td>N/A</td>
</tr>
<tr>
<td>Qualification</td>
<td>N/A</td>
</tr>
<tr>
<td>Accrediting Body</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Course provider / organisation</strong></td>
<td>National Youth Health Programme</td>
</tr>
<tr>
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</tr>
<tr>
<td><strong>Job title</strong></td>
<td>Lynn – Health promotion co-ordinator</td>
</tr>
<tr>
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<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:nyhp@nyci.ie">nyhp@nyci.ie</a></td>
</tr>
</tbody>
</table>
| **Course aim & objectives**      | - To explore the concepts of facilitation and group work in both a theoretical and practical context;  
- To develop an understanding of the nature of groups and the competencies and qualities required for group work;  
- To provide and share practical skills, ideas and methodologies for working with groups more creatively;  
- To identify strategies for dealing with difficult groups. |
| **Brief description of course content** | This is a two-day training course which provides an introduction to group work and group facilitation. It aims to explore the theory and practice of facilitation and group work while allowing participants the time to discuss and experience a range of group work methods. This course targets those working in a group work situation at an introductory level. |
| **Target groups**                | - Youth & Community Workers who work with young people in a variety of out-of-school settings;  
- Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops;  
- Health Education & Health Promotion Personnel from Health Service Executives who work directly with young people.  
- Child Care Workers/Social Care Workers who work directly with young people.  
- Juvenile Liaison Officers/Community Gardai  
- Other working with young people in the non formal education settings |
| **Entry requirements**           | N/A |
| **Course location**              | Can be requested for anywhere in the country |
| **Course dates and/or frequency of delivery** | When requested or on NYHP training calendar |
| **Cost**                         | €120 |
| **Assessment**                  | N/A |
| **Qualification**                | N/A |
| **Accrediting Body**             | N/A |
Self-esteem and health behaviours in adolescence.

**Course provider / organisation**
National Youth Health Programme

**Address**
National Youth Council of Ireland,
3 Montague St,
Dublin 2

**Organisation mission statement**
NYHP works in partnership to provide a broad based, flexible health promotion, support and training service to youth organisations and works to ensure that young people's health is on the policy agenda.

**Contact person**
Rosie Boyle or Lynn Swinburne

**Job title**
Rosie – NYHP administrator
Lynn – Health promotion co-ordinator

**Telephone no**
01 4784122

**Email**
nyhp@nyci.ie

**Course aim & objectives**
- To examine adolescence in relation to positive and negative health behaviours;
- To develop an understanding of the nature and importance of self-esteem;
- To identify the factors which impact positively and negatively on self-esteem in young people;
- To explore methodologies for facilitating young people to develop effective decision making skills;
- To explore methodologies for facilitating young people to develop effective coping strategies.

**Brief description of course content**
This is a two-day course establishing the nature of adolescence and identifying the importance of self-esteem and social skills as a foundation for healthier lifestyles among young people. This course is for those who wish to develop appropriate ways of supporting young people in the choices they make in relation to their health.

**Target groups**
- Youth & Community Workers who work with young people in a variety of out-of-school settings;
- Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops;
- Health Education & Health Promotion Personnel from Health Service Executive’s who work directly with young people.
- Child Care Workers/Social Care Workers who work directly with young people.
- Juvenile Liaison Officers/Community Gardai
- Other working with young people in the non formal education settings

**Entry requirements**
N/A

**Course location**
Can be requested for anywhere in the country

**Course dates and/or frequency of delivery**
When requested or on NYHP training calendar

**Cost**
€120

**Assessment**
N/A

**Qualification**
N/A

**Accrediting Body**
N/A
<table>
<thead>
<tr>
<th>Course provider / organisation</th>
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<td>Email</td>
<td><a href="mailto:nyhp@nyci.ie">nyhp@nyci.ie</a></td>
</tr>
<tr>
<td>Course aim &amp; objectives</td>
<td>• To introduce participants to the concept of health and health promotion; • To outline to links between the principles of health promotion and good practice in working with young people; • To explore the practical application of health promotion within out-school settings; • To consider the value of quality standards in relation to health promotion in out-of-school settings.</td>
</tr>
<tr>
<td>Brief description of course content</td>
<td>This is a one-day introductory course to health promotion theory and practice. It will offer participants the opportunity to explore the application of health promotion to their work in out-of-school settings. This course will aim to highlight the links between the principles of health promotion and good practice in working with young people.</td>
</tr>
<tr>
<td>Target groups</td>
<td>• Youth &amp; Community Workers who work with young people in a variety of out-of-school settings; • Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops; • Health Education &amp; Health Promotion Personnel from Health Service Executives who work directly with young people. • Child Care Workers/Social Care Workers who work directly with young people. • Juvenile Liaison Officers/Community Gardai • Other working with young people in the non formal education settings</td>
</tr>
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<td>Entry requirements</td>
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</tr>
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</tr>
<tr>
<td>Cost</td>
<td>€60</td>
</tr>
<tr>
<td>Assessment</td>
<td>N/A</td>
</tr>
<tr>
<td>Qualification</td>
<td>N/A</td>
</tr>
<tr>
<td>Accrediting Body</td>
<td>N/A</td>
</tr>
</tbody>
</table>
A mental health initiative for those working with young people in out-of-school settings.

<table>
<thead>
<tr>
<th>Course provider / organisation</th>
<th>National Youth Health Programme</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>National Youth Council of Ireland, 3 Montague St, Dublin 2</td>
</tr>
</tbody>
</table>

| Organisation mission statement | NYHP works in partnership to provide a broad based, flexible health promotion, support and training service to youth organisations and works to ensure that young person’s health is on the policy agenda. |

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<tr>
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<td>Rosie – NYHP administrator</td>
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<td></td>
<td>Lynn – Health promotion co-ordinator</td>
</tr>
<tr>
<td>Telephone no</td>
<td>01 4784122</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:nyhp@nyci.ie">nyhp@nyci.ie</a></td>
</tr>
</tbody>
</table>

| Course aim & objectives | This is a two-day training course, which aims to examine the how the issue of mental health impacts on young people. It will also offer participants an opportunity to explore issues of good practice from a worker and an organisational perspective. Procedures around referral will also be explored in detail. |

| Brief description of course content | To examine how the issue of mental health impacts on young people; To raise participants awareness of mental health theory; To explore good practice with regard to mental health promotion (organisational & workers perspective); To examine referral (when to refer, why refer, how to refer?); To explore the practical implementation of mental health promotion (e.g. programme planning) |

| Target groups | Youth & Community Workers who work with young people in a variety of out-of-school settings; Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops; Health Education & Health Promotion Personnel from Health Service Executive’s who work directly with young people. Child Care Workers/Social Care Workers who work directly with young people. Juvenile Liaison Officers/Community Gardai Other working with young people in the non formal education settings |

<table>
<thead>
<tr>
<th>Entry requirements</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course location</td>
<td>Can be requested for anywhere in the country</td>
</tr>
<tr>
<td>Course dates and/or frequency of delivery</td>
<td>As requested or scheduled in the NYHP Training Calendar</td>
</tr>
<tr>
<td>Cost</td>
<td>€120</td>
</tr>
<tr>
<td>Assessment</td>
<td>N/A</td>
</tr>
<tr>
<td>Qualification</td>
<td>N/A</td>
</tr>
<tr>
<td>Accrediting Body</td>
<td>N/A</td>
</tr>
</tbody>
</table>
**Let’s Beat Bullying – an organisational approach for the Youth Work Sector**

<table>
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<tr>
<th><strong>Course provider / organisation</strong></th>
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<tr>
<td></td>
<td>Dublin 2</td>
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</table>

**Organisation mission statement**
NYHP works in partnership to provide a broad based, flexible health promotion, support and training service to youth organisations and works to ensure that young people’s health is on the policy agenda.

**Contact person**
Lynn Swinburne

**Job title**
Health Promotion Co-ordinator

**Telephone no**
01 4784122

**Email**
nyhp@nyci.ie

**Course aim & objectives**
- To define what bullying is and what bullying is not;
- To develop an understanding of the key concepts and definitions relevant to the issue of bullying;
- To develop and understand of the nature of bullying and its effects;
- To explore strategies for prevention and intervention in relation to bullying;
- To explore good practice in relation to anti-bullying education programmes;
- To identify a rationale and process for developing an anti-bullying policy;
- To examine good practice guidelines for workers and organisations in relation to this issue.

**Brief description of course content**
This is a one-day training course addressing the issue of bullying. The course will focus on bullying in its widest sense and enable participants to examine an organisational response to the issue of bullying.

**Target groups**
- Youth & Community Workers who work with young people in a variety of out-of-school settings;
- Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops;
- Health Education & Health Promotion Personnel from Health Service Executive’s who work directly with young people or have a youth health brief;
- Child Care Workers/Social Care Workers who work directly with young people;
- Juvenile Liaison Officers/Community Gardai;
- Others who work with young people in non-formal education settings.

**Entry requirements**
n/a

**Course location**
Varies

**Course dates and/or frequency of delivery**
Varies

**Cost**
€120

**Assessment**
N/A

**Qualification**
N/A

**Accrediting Body**
N/A
# Let's Leave it Till Later

**Course provider / organisation**
National Youth Health Programme

**Address**
NYCI
3 Montague St
Dublin 2

**Organisation mission statement**
NYHP works in partnership to provide a broad based, flexible health promotion, support and training service to youth organisations and works to ensure that young people’s health is on the policy agenda.

**Contact person**
Lynn Swinburne

**Job title**
Health Promotion Co-ordinator

**Telephone no**
01 4784122

**Email**
nyhp@nyci.ie

**Course aim & objectives**
- To look at the causes and effects of early sex and current research findings;
- To understand the role played by the media and peer pressure on young people and early sex;
- To explore a range of ways of working with young people to help them make positive and healthy decisions for themselves;
- To gain skills to have on to young people in how to say ‘no’ and resist pressure;
- To focus on alternatives to having sex for example in exploring intimacy and sensuality in non-sexual ways;
- To consider the role of friendships, supportive adults and professionals in supporting delay;
- To try out a new approach to building young people’s self-esteem;
- To share methodologies and insights drawn from our own experience;
- To consider, clarify and recognise the values we bring to this work.

**Brief description of course content**
This is a two-day training course which will explore the issue of delaying sexual activity of young people. The course will be very skills based and focus on the interaction between workers and young people in relation to sexual health.

**Target groups**
- Youth & Community Workers who work with young people in a variety of out-of-school settings;
- Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops;
- Health Education & Health Promotion Personnel from Health Service Executive’s who work directly with young people or have a youth health brief;
- Child Care Workers/Social Care Workers who work directly with young people;
- Juvenile Liaison Officers/Community Gardai;
- Others who work with young people in non-formal education settings.

**Entry requirements**
N/A

**Course location**
Varies

**Course dates and/or frequency of delivery**
Varies

**Cost**
€120

**Assessment**
N/A

**Qualification**
N/A

**Accrediting Body**
N/A
**Course provider / organisation**
National Youth Health Programme
National Youth Council of Ireland,
3 Montague St,
Dublin 2

**Organisation mission statement**
NYHP works in partnership to provide a broad based, flexible health promotion, support and training service to youth organisations and works to ensure that young people’s health is on the policy agenda.

**Contact person**
Rosie Boyle or Lynn Swinburne

**Job title**
Rosie – NYHP administrator
Lynn – Health promotion co-ordinator

**Telephone no**
01 4784122

**Email**
nyhp@nyci.ie

**Course aim & objectives**
- To identify national trends and corresponding initiatives;
- To examine a variety of pro-active responses including the educational response in relation to drugs work;
- To explore a range of responses to drug related incidents;
- To explore the practicalities of organisational policy development in relation to drugs work;
- To discuss issues of good practice in relation to this work.

**Brief description of course content**
This two-day training is based on the Support Pack for Dealing with the Drugs Issue in Out-of-School Settings, revised and produced by the National Youth Health Programme in 2003 and funded by the Regional Drugs Co-ordinators of the Regional Health Boards. The course offers workers from both statutory & Youth Work settings an approach for dealing with the Drugs Issue from an organisational perspective. The primary focus of this course is to facilitate and support workers towards the development of an organisational strategy and drugs policy for Out-of-School Settings.

**Target groups**
- Youth & Community Workers who work with young people in a variety of out-of-school settings;
- Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops;
- Health Education & Health Promotion Personnel from Health Service Executive’s who work directly with young people.
- Child Care Workers/Social Care Workers who work directly with young people.
- Juvenile Liaison Officers/Community Gardai
- Other working with young people in the non formal education settings

**Entry requirements**
N/A

**Course location**
Can be requested for anywhere in the country

**Course dates and/or frequency of delivery**
When requested or on NYHP training calendar

**Cost**
€120

**Assessment**
N/A

**Qualification**
N/A

**Accrediting Body**
N/A
### National Youth Health Programme

**Address**

National Youth Council of Ireland, 3 Montague St, Dublin 2

**Organisation mission statement**

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**Contact person**

Rosie Boyle or Lynn Swinburne

**Job title**

Rosie – NYHP administrator  
Lynn – Health promotion co-ordinator

**Telephone no**

01 4784122

**Email**

nyhp@nyci.ie

### Course aim & objectives

- To provide an overview of the implications of legislation and policy development;  
- To examine a rationale for good practice;  
- To discuss organisational procedures in relation to boundaries;  
- To explore the role of organisations in relation to policy and good practice.

### Brief description of course content

This is a two-day training course, which aims to provide an overview of the relationship between policy, practice and boundaries. It will also examine the implications of legislation and ethics in this regard.

### Target groups

- Youth & Community Workers who work with young people in a variety of out-of-school settings;  
- Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops;  
- Health Education & Health Promotion Personnel from Health Service Executive’s who work directly with young people.  
- Child Care Workers/Social Care Workers who work directly with young people.  
- Juvenile Liaison Officers/Community Gardaí  
- Other working with young people in the non formal education settings

### Entry requirements

N/A

### Course location

Can be requested for anywhere in the country

### Course dates and/or frequency of delivery

When requested or on NYHP training calendar

### Cost

€120

### Assessment

N/A

### Qualification

N/A

### Accrediting Body

N/A
<table>
<thead>
<tr>
<th><strong>Course provider / organisation</strong></th>
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<td><strong>Job title</strong></td>
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<tr>
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<td>01 4784122</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:nyhp@nyci.ie">nyhp@nyci.ie</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>To understand Positive Psychology and the implications of using it within youth work; To develop techniques and strategies that will help people deal with life’s challenges; To examine authentic happiness and the impact this can have on people; To explore the power of optimism; To realise the role of perception; To develop the competencies needed to implement Positive Psychology strategies within youth and health settings.</td>
</tr>
<tr>
<td><strong>Brief description of course content</strong></td>
<td>This is a one-day course examining the benefits of positive mental health by looking at characteristics and strategies of people with positive outlooks and will begin to explain how people can cultivate and experience authentic happiness and other desirable emotional states more of the time.</td>
</tr>
<tr>
<td><strong>Target groups</strong></td>
<td>Youth &amp; Community Workers who work with young people in a variety of out-of-school settings; Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops; Health Education &amp; Health Promotion Personnel from Health Service Executives who work directly with young people. Child Care Workers/Social Care Workers who work directly with young people. Juvenile Liaison Officers/Community Gardai Other working with young people in the non formal education settings</td>
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<tr>
<td><strong>Entry requirements</strong></td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Course location</strong></td>
<td>Can be requested for anywhere in the country</td>
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<td><strong>Course dates and/or frequency of delivery</strong></td>
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</tr>
<tr>
<td><strong>Cost</strong></td>
<td>€60</td>
</tr>
<tr>
<td><strong>Assessment</strong></td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Qualification</strong></td>
<td>N/A</td>
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National Youth Health Programme
National Youth Council of Ireland,
3 Montague St,
Dublin 2

NYHP works in partnership to provide a broad based, flexible health promotion, support and training service to youth organisations and works to ensure that young people's health is on the policy agenda.

Rosie Boyle or Lynn Swinburne
Rosie – NYHP administrator
Lynn – Health promotion co-ordinator
01 4784122
nyhp@nyci.ie

• To introduce participants to a model of good practice in youth health promotion;
• To establish a rationale for programme planning;
• To identify the stages in the planning process;
• To identify areas for health promotion activities in youth work programmes;
• To explore evaluation in relation to youth health promotion;
• To explore creative youth work methodologies used in programme implementation.

This is a one day course looking at a model of good practice in health promotion incorporating, needs analysis, planning, implementation and evaluation. This training will also offer participants an opportunity to explore creative youth work methodologies used in programme implementation.

• Youth & Community Workers who work with young people in a variety of out-of-school settings;
• Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops;
• Health Education & Health Promotion Personnel from Health Service Executives who work directly with young people.
• Child Care Workers/Social Care Workers who work directly with young people.
• Juvenile Liaison Officers/Community Gardai
• Other working with young people in the non formal education settings

N/A
Can be requested for anywhere in the country
When requested or on NYHP training calendar
€60
N/A
N/A
N/A
### Course provider / organisation
National Youth Health Programme

### Address
National Youth Council of Ireland,
3 Montague St,
Dublin 2

### Organisation mission statement
NYHP works in partnership to provide a broad based, flexible health promotion, support and training service to youth organisations and works to ensure that young people’s health is on the policy agenda.

### Contact person
Rosie Boyle or Lynn Swinburne

### Job title
Rosie – NYHP administrator
Lynn – Health promotion co-ordinator

### Telephone no
01 4784122

### Email
nyhp@nyci.ie

### Course aim & objectives
- To reflect on, challenge and enhance your group work skills;
- To increase your awareness of your facilitation style, methods and approaches;
- To instil confidence in your creative ability and to enhance your creative practice and thinking.

### Brief description of course content
This one-day course offers participants an opportunity to reflect on, review and enhance group facilitation practice. The course provides participants with a space to examine and positively challenge the approaches and methods currently used in their work. This course intends to re-energise and re-focus those who currently work with groups and to enhance their creative practice and thinking.

### Target groups
- Youth & Community Workers who work with young people in a variety of out-of-school settings;
- Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops;
- Health Education & Health Promotion Personnel from Health Service Executives who work directly with young people.
- Child Care Workers/Social Care Workers who work directly with young people.
- Juvenile Liaison Officers/Community Gardai
- Other working with young people in the non formal education settings

### Entry requirements
N/A

### Course location
Can be requested for anywhere in the country

### Course dates and/or frequency of delivery
When requested or on NYHP training calendar

### Cost
€60

### Assessment
N/A

### Qualification
N/A

### Accrediting Body
N/A
### Addressing the issue of sexual health with young people in youth work settings

<table>
<thead>
<tr>
<th>Course provider / organisation</th>
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**Organisation mission statement**

NYHP works in partnership to provide a broad based, flexible health promotion, support and training service to youth organisations and works to ensure that young people’s health is on the policy agenda.

**Contact person**

Rosie Boyle or Lynn Swinburne

**Job title**

Rosie – NYHP administrator
Lynn – Health promotion co-ordinator

**Telephone no**

01 4784122

**Email**

nyhp@nyci.ie

**Course aim & objectives**

- To examine the context for addressing the sexual health needs of young people;
- To discuss the role of organisations in relation to this work;
- To examine the support needs of workers and organisations in the area of sexual health;
- To identify a rationale and process for policy development;
- To explore good practice with regard to sexual health education programmes.

**Brief description of course content**

This is a two-day training course, which will explore issues in relation to sexual health and sexual health promotion for young people. It will also examine the role of workers and organisation in this regard. Issues of good practice and policy development will also be examined.

**Target groups**

- Youth & Community Workers who work with young people in a variety of out-of-school settings;
- Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops;
- Health Education & Health Promotion Personnel from Health Service Executive’s who work directly with young people.
- Child Care Workers/Social Care Workers who work directly with young people.
- Juvenile Liaison Officers/Community Gardai
- Other working with young people in the non formal education settings

**Entry requirements**

N/A

**Course location**

Can be requested for anywhere in the country

**Course dates and/or frequency of delivery**

When requested or on NYHP training calendar

**Cost**

€120

**Assessment**

N/A

**Qualification**

N/A

**Accrediting Body**

N/A
### “Smokin” Awareness and Cessation

<table>
<thead>
<tr>
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</tr>
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<td>Contact person</td>
<td>Rosie Boyle or Lynn Swinburne</td>
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<tr>
<td>Job title</td>
<td>Rosie – NYHP administrator</td>
</tr>
<tr>
<td></td>
<td>Lynn – Health promotion co-ordinator</td>
</tr>
<tr>
<td>Telephone no</td>
<td>01 4784122</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:nyhp@nyci.ie">nyhp@nyci.ie</a></td>
</tr>
</tbody>
</table>
| Course aim & objectives | • To create awareness around tobacco use and young people;  
• To examine strategies for providing support to young people to stop smoking;  
• To introduce participants to the concept of brief intervention in relation to this issue;  
• To explore organisational good practice with regard to smoking awareness and cessation. |
| Brief description of course content | This is a one-day training course, which aims to raise awareness of participants around the issue of smoking and young people. It will also offer an insight into smoking cessation and the strategies for providing support to young people to stop smoking. |
| Target groups | • Youth & Community Workers who work with young people in a variety of out-of-school settings;  
• Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops;  
• Health Education & Health Promotion Personnel from Health Service Executive’s who work directly with young people.  
• Child Care Workers/Social Care Workers who work directly with young people.  
• Juvenile Liaison Officers/Community Gardai  
• Other working with young people in the non formal education settings |
<p>| Entry requirements | N/A |
| Course location | Can be requested for anywhere in the country |
| Course dates and/or frequency of delivery | When requested or on NYHP training calendar |
| Cost | €120 |
| Assessment | N/A |
| Qualification | N/A |
| Accrediting Body | N/A |</p>
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</tr>
<tr>
<td>Email</td>
<td><a href="mailto:nyhp@nyci.ie">nyhp@nyci.ie</a></td>
</tr>
</tbody>
</table>
| Course aim & objectives       | Course Aim: To provide training and support in youth health promotion. Course Objectives: This training course will enable participants to:  
  - Understand the theoretical background to the concepts and principles of health promotion and the application of theory to practice;  
  - Develop a range of practical group work skills;  
  - Examine the health status of young people and the factors influencing health status;  
  - Explore theories of health behaviour;  
  - Examine the settings approach in health promotion with particular reference to working with young people;  
  - Examine the development of policy and strategy as part of a ‘whole organisational’ approach to youth health promotion. |
| Brief description of course content | The course content for national training is based on the requirements for the Specialist Certificate in Youth Health Promotion. The national training comprises of three modules - one module is adapted directly from the NUIG Postgraduate Diploma in Health Promotion i.e. Principles and Practice of Health Promotion, compromising of Concepts and Principles of Health Promotion and Communication and Group Work. The other two modules have been designed by the NYHP specifically to address youth health promotion i.e. Module 2: Specialism in Health Promotion comprising of Young People & Health Behaviours and The Settings Approach for Youth Health Promotion and Module 3: A Health Promotion Plan. |
| Target groups                 | Those working with young people in the non-formal education sector. |
| Entry requirements            | N/A |
| Course location               | All Hallows, Gracepark Rd., Druncondra, Dublin 9 |
| Course dates and/or frequency of delivery | Next course September 2007 |
| Cost                          | Please contact NYHP for details |
| Assessment                    | One academic essay  
  - Learning journal  
  - Design and deliver of a health related workshop  
  - Report on workshop  
  - 3 practice based assignments |
| Qualification                 | Specialist certificate in youth health promotion |
| Accrediting Body              | NUI Galway |
**Course provider / organisation**
National Youth Health Programme

**Address**
National Youth Council of Ireland,
3 Montague St,
Dublin 2

**Organisation mission statement**
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**Contact person**
Rosie Boyle or Lynn Swinburne

**Job title**
Rosie – NYHP administrator
Lynn – Health promotion co-ordinator

**Telephone no**
01 4784122

**Email**
nyhp@nyci.ie

**Course aim & objectives**
- To explore masculinities and femininities in adolescence;
- To explore a range of strategies in addressing young people’s health and personal development;
- To identify a range of skills required working with young people in this area;
- To examine good practice in relation to this work.

**Brief description of course content**
This is a 2-day training course to explore gender related health issues. It will provide participants with an opportunity to identify the skills and strategies required in engaging and supporting young people in this area.

**Target groups**
- Youth & Community Workers who work with young people in a variety of out-of-school settings;
- Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops;
- Health Education & Health Promotion Personnel from Health Service Executive’s who work directly with young people.
- Child Care Workers/Social Care Workers who work directly with young people.
- Juvenile Liaison Officers/Community Gardai
- Other working with young people in the non formal education settings

**Entry requirements**
N/A

**Course location**
Can be requested for anywhere in the country

**Course dates and/or frequency of delivery**
When requested or on NYHP training calendar

**Cost**
€120

**Assessment**
N/A

**Qualification**
N/A

**Accrediting Body**
N/A
Course provider / organisation
National Youth Council of Ireland,
3 Montague St,
Dublin 2

Organisation mission statement
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Contact person
Rosie Boyle or Lynn Swinburne

Job title
Rosie – NYHP administrator
Lynn – Health promotion co-ordinator

Telephone no
01 4784122

Email
nyhp@nyci.ie

Course aim & objectives
• To establish a rationale for addressing the alcohol issue with young people;
• To explore some creative methodologies in addressing this issue;
• To examine the current legislative implications in relation to the alcohol issue and young people;
• To examine issues of good practice in relation to this area.

Brief description of course content
This is a two-day training course which aims to present a rationale for addressing the alcohol issue with young people. This course will highlight current research findings and issues of good practice. Participants will also be invited to explore creative methodologies.

Target groups
• Youth & Community Workers who work with young people in a variety of out-of-school settings;
• Training staff in vocational training settings, i.e. Youthreach, Community Training Workshops and Traveller Training Workshops;
• Health Education & Health Promotion Personnel from Health Service Executives who work directly with young people.
• Child Care Workers/Social Care Workers who work directly with young people.
• Juvenile Liaison Officers/Community Gardai
• Other working with young people in the non formal education settings

Entry requirements
N/A

Course location
Can be requested for anywhere in the country

Course dates and/or frequency of delivery
When requested or on NYHP training calendar

Cost
€120

Assessment
N/A

Qualification
N/A

Accrediting Body
N/A
<table>
<thead>
<tr>
<th>Course provider / organisation</th>
<th>One Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>Cherish House, 2 Lower Pembroke Street, Dublin 2</td>
</tr>
<tr>
<td>Organisation mission statement</td>
<td>Progressing the work of Cherish, established in 1972, One Family provides voice, support and action for one-parent families through membership, professional services and campaigning. Our aim is to affect positive change and achieve equality and social inclusion for all one-parent families in Ireland.</td>
</tr>
<tr>
<td>Contact person</td>
<td>Sherie De Burgh</td>
</tr>
<tr>
<td>Job title</td>
<td>Counselling Co-ordinator</td>
</tr>
<tr>
<td>Telephone no</td>
<td>01 6629212</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:training@onefamily.ie">training@onefamily.ie</a></td>
</tr>
<tr>
<td>Course aim &amp; objectives</td>
<td>Using our experience of working with thousands of people going through a crisis pregnancy on the options available to them, we have developed a general course to assist professionals who may encounter crisis pregnancy in their work.</td>
</tr>
<tr>
<td>Brief description of course content</td>
<td>The course covers:</td>
</tr>
<tr>
<td></td>
<td>• Legal issues around providing crisis pregnancy information;</td>
</tr>
<tr>
<td></td>
<td>• How to refer clients on all three options;</td>
</tr>
<tr>
<td></td>
<td>• Issues for asylum seekers and refugees;</td>
</tr>
<tr>
<td></td>
<td>• How to support a client during a crisis pregnancy session; and</td>
</tr>
<tr>
<td></td>
<td>• How to provide follow-up support for a client once they have made their decision</td>
</tr>
<tr>
<td>Target groups</td>
<td>Aimed at GPs, social workers, youth workers, hospital teams, college counsellors and others working with clients going through a crisis pregnancy.</td>
</tr>
<tr>
<td>Entry requirements</td>
<td>N/A</td>
</tr>
<tr>
<td>Course location</td>
<td>April 25th Dublin</td>
</tr>
<tr>
<td>Course dates and/or frequency of delivery</td>
<td>Training is available to interested individuals and groups around the country – please contact us for more details.</td>
</tr>
<tr>
<td>Cost</td>
<td>€110</td>
</tr>
<tr>
<td>Assessment</td>
<td>N/A</td>
</tr>
<tr>
<td>Qualification</td>
<td>Certificate of Attendance</td>
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<td><strong>Email</strong></td>
<td><a href="mailto:training@onefamily.ie">training@onefamily.ie</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>Using our experience of working with thousands of people going through a crisis pregnancy on the three options available to them, we have developed a targeted training course for counsellors working in this area.</td>
</tr>
</tbody>
</table>
| **Brief description of course content** | Aimed at counsellors, this specialised one-day course takes a detailed look at the key issues around crisis pregnancy, including:  
* general introduction to crisis pregnancy counselling;  
* issues to consider for service providers;  
* legal issues around abortion;  
* issues for refugees and asylum seekers;  
* managing a crisis pregnancy counselling session;  
* onward referral; and  
* support and follow-up.  |
| **Target groups**                 | Counsellors or psychotherapists who are working or plan to work in the area of crisis pregnancy and who are interested in learning about how to support clients in this area. |
| **Entry requirements**            | N/A |
| **Course location**               | October 24th Dublin |
| **Course dates and/or frequency of delivery** | Training is available to interested individuals and groups around the country – please contact us for more details. |
| **Cost**                          | €130 |
| **Assessment**                   | N/A |
| **Qualification**                 | Certificate of Attendance |
| **Accrediting Body**              | N/A |
One Family
Cherish House,
2 Lower Pembroke Street
Dublin 2

Progressing the work of Cherish, established in 1972, One Family provides voice, support and action for one-parent families through membership, professional services and campaigning. Our aim is to affect positive change and achieve equality and social inclusion for all one-parent families in Ireland.

Edel Quinn
Training Manager
01 6629212
training@onefamily.ie

One-parent families face inequalities, particularly in relation to poverty and social exclusion, relative to other groups in society. This one-day, group-work course explores the concepts of family diversity, looks at the issues facing one-parent families how we as workers can support them and ourselves in our work.

After taking part in this training you will:
• have an in-depth understanding of the diversity of family life in Ireland;
• explore the myths and realities of living in a one parent family;
• understand the issues and barriers facing one-parent families;
• have a basic understanding of the rights and entitlements of one parent families;
• become aware of the services available to one parent families and supports which are available to workers

Ideally suited to those working in health boards, family resource centres, partnerships, community development projects, youth service settings and education centres.

Dublin & Galway
Courses are also provided on request to groups of 10 or more.

Next Dates: 9 May Dublin
24 September Galway
17 October Dublin

€110

Certificate of Attendance

N/A
## Positive Parenting - Training for Trainers

| Course provider / organisation | One Family |
| Address | Cherish House, 2 Lower Pembroke Street, Dublin 2 |
| Organisation mission statement | Progressing the work of Cherish, established in 1972, One Family provides voice, support and action for one-parent families through membership, professional services and campaigning. Our aim is to affect positive change and achieve equality and social inclusion for all one-parent families in Ireland. |
| Contact person | Edel Quinn |
| Job title | Training Manager |
| Telephone no | 01 6629212 |
| Email | training@onefamily.ie |
| Course aim & objectives | Positive Parenting Training for Trainers is a comprehensive three day programme which prepares workers to design and deliver parenting courses to groups with an emphasis towards solo parents. |
| Brief description of course content | The Positive Parenting programme is a comprehensive training for trainer's programme which is leveraged from our experience and expertise of working with solo parents around parenting issues over the last thirty years. It is a three day programme and is based on the One Family manual: ‘Positive Parenting creating positive relationships and managing difficult behaviour’. The training ethos is on group work and experiential learning and is extremely practical in its focus. Positive Parenting: Training for Trainers is an innovative and exciting course that provides all those working with families with the tools to design and deliver effective and life-changing parenting courses. Participants are taken though some of the modules from the programme. Modules include: The Good Enough Parent, Reasons for Misbehaviour, Family Change, Talking about the Family Situation and Managing difficult behaviour. In addition to these, groups also do work on active listening, assertive parenting and a range of skills to manage difficult behaviour i.e. consequences, timeout, routine & consistency. On day three of the programme, participants have an opportunity to present modules from the manual. After taking part in this training you will be: • able to design and deliver an innovative, adaptable ten-week Positive Parenting programme; • familiar with a range approaches for managing challenging behaviour in children; • able to support parents in implementing such approaches; and • able to support parents in developing strategies for parenting positively when they are: separating, divorcing or co-parenting |
| Target groups | All those who are interested in delivering parenting courses and those who work with parents and their children such as project workers, family support workers, youth workers, social workers etc. |
| Entry requirements | Facilitation Skills Group work experience |
| Course location | Dublin, Waterford, Cork, Galway, Limerick. Courses are also provided on request to groups of 10 or more. |
| Course dates and/or frequency of delivery | Dublin: 2-4 April, 28-30 May, 8-10 October, 12-14 November Cork: 5-7 March Limerick: 14-16 May Waterford: 17-19 September |
| Cost | €330 |
| Assessment | N/A |
| Qualification | Certificate of Attendance |
| Accrediting Body | N/A |
**Course provider / organisation**  
The Dublin Rape Crisis Centre

**Address**  
70 Lower Leeson Street  
Dublin 2

**Organisation mission statement**  
To heal the trauma of rape and sexual abuse

**Contact person**  
Ms Léonie O’Dowd

**Job title**  
Head of Education and Training

**Telephone no**  
6614911

**Email**  
leonie@rcc.ie

**Course aim & objectives**  
To increase the participants’ understanding of the dynamics and impact of child sexual abuse, and to enhance their capacity to deal with this issue

**Brief description of course content**  
Participants will

- Be aware of the myths and attitudes existing in society regarding child sexual abuse
- Be informed about the actual incidence of sexual abuse, and about research into causes and effects
- Be aware of the impact of child sexual abuse on the internalised beliefs of the client
- Be aware of the effects of child sexual abuse, and the strategies employed by children in order to survive
- Be informed as to the long term impact of child sexual abuse, and issues that may arise for their clients
- Develop their understanding and skills in facilitating a disclosure of child sexual abuse or other trauma, while avoiding re-traumatisation of the client
- Have an overview of the counselling process with victims of child sexual abuse
- Develop skills and strategies for supporting clients who are experiencing symptoms of post traumatic stress
- Develop an understanding of how the dynamics of abuse impact on the worker/client relationship, and on the organisation and staff relations
- Develop an understanding of how to identify and develop the resources of the client
- Be aware of their own issues regarding listening to stories of abuse and witnessing its impact on the lives of their clients
- Understand the impact of vicarious traumatisation, and develop strategies to revent and deal with this

**Target groups**  
This workshop is for those working in various roles with clients who have experienced child sexual abuse and other childhood trauma

**Entry requirements**  
N/A

**Course location**  
The Dublin Rape Crisis Centre, 70 Lower Leeson Street, Dublin 2 or at a venue provided for by the commissioning organisation

**Course dates and/or frequency of delivery**  
Courses are scheduled regularly by the Dublin Rape Crisis Centre and by arrangement

**Cost**  
€100 per participant per day  
€980 per day for groups

**Assessment**  
Not applicable

**Qualification**  
Certificate of Attendance

**Accrediting Body**  
Not applicable
Issues in the Aftermath of Rape: A One Day Introductory Workshop

Course provider / organisation: The Dublin Rape Crisis Centre
Address: 70 Lower Leeson Street, Dublin 2

Organisation mission statement: To heal the trauma of rape and sexual abuse

Contact person: Ms Léonie O’Dowd
Job title: Head of Education and Training
Telephone no: 6614911
Email: leonie@rcc.ie

Course aim & objectives: To increase understanding of the impact of rape and ability to respond appropriately in its aftermath, both long term and short term

Brief description of course content:
- Myths and attitudes towards rape and sexual assault and their impact on the person who has experienced these
- The impact of rape and sexual assault
- Supporting the individual in the immediate aftermath of rape
- Medical and Legal issues
- Longer term issues
- Vicarious traumatisation and resources for the worker

Target groups: This course is intended for those who come into contact in their work with people who have experienced rape or sexual assault e.g. counsellors, psychotherapists, psychologists, teachers, psychiatric nurses, youth workers, addiction workers, prison staff, doctors, helpline workers, refuge workers

Entry requirements: N/A

Course location: The Dublin Rape Crisis Centre, 70 Lower Leeson Street, Dublin 2 or at a venue provided for by the commissioning organisation

Course dates and/or frequency of delivery: Courses are scheduled regularly by the Dublin Rape Crisis Centre and by arrangement

Cost:
- €100 per participant per day
- €980 per day for groups

Assessment: Not applicable

Qualification: Certificate of Attendance

Accrediting Body: Not applicable
| Course provider / organisation | The Dublin Rape Crisis Centre |
| Address | 70 Lower Leeson Street  
Dublin 2 |
| Organisation mission statement | To heal the trauma of rape and sexual abuse |
| Contact person | Ms Léonie O’Dowd |
| Job title | Head of Education and Training |
| Telephone no | 6614911 |
| Email | leonie@rcc.ie |

**Course aim & objectives**

To increase the participants’ understanding of the impact of rape and sexual assault, and to enhance their capacity to support the client in the crisis situation immediately after rape or sexual assault, and with the long term impact.

**Brief description of course content**

Participants will

- Be aware of the myths and attitudes that exist in society concerning rape and sexual assault, and how these are internalised by the victim of sexual violence.
- Be aware of the incidence of sexual violence in Irish society.
- Appreciate how the responses victims expect and meet from society and services can differ depending on the circumstances of the rape.
- Be informed as to the impact of rape and sexual assault, both immediately and in the longer term.
- Understand the medical and safety issues, and the services available
- Understand the issues for clients in accessing the legal process
- Be provided with guidelines as to how to offer support in the immediate aftermath of rape and sexual assault
- Develop their ability to support victims with the longer term impact and to work with symptoms of trauma
- Develop their awareness of the extent to which rape occurs within ongoing relationships, and the impact of this
- Be aware of the possible impact on the worker of working with these issues, and have identified resources and strategies to maintain their own well-being.

**Target groups**

This workshop is for those working in a supportive role with clients who have experienced rape or sexual assault, either recently or in the past.

**Entry requirements**

N/A

**Course location**

The Dublin Rape Crisis Centre, 70 Lower Leeson Street, Dublin 2 or at a venue provided for by the commissioning organisation

**Course dates and/or frequency of delivery**

Courses are scheduled regularly by the The Dublin Rape Crisis Centre and by arrangement

**Cost**

€100 per participant per day  
€980 per day for a group

**Assessment**

Not applicable

**Qualification**

Certificate of Attendance

**Accrediting Body**

Not applicable
<table>
<thead>
<tr>
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<td><strong>Email</strong></td>
<td><a href="mailto:leonie@rcc.ie">leonie@rcc.ie</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>To raise awareness of the issues surrounding harassment, bullying and sexual harassment in the workplace, and to equip staff to deal with this situation where it arises.</td>
</tr>
</tbody>
</table>
| **Brief description of course content** | • Definition and Dynamics of Bullying, Harassment and Sexual Harassment  
• The impact of these behaviours on the individual and the organisation  
• The Law in Ireland with regard to these issues  
• Implementing a Policy and Procedures  
• Guidelines for those in a management or other key role  
• Dealing with a complaint  
• Proactive approaches |
| **Target groups**                 | Managers, Human Resources Staff, Equality Officers and other staff in key roles in organisations |
| **Entry requirements**            | N/A                           |
| **Course location**               | The Dublin Rape Crisis Centre, 70 Lower Leeson Street, Dublin 2 or at a venue provided for by the commissioning organisation |
| **Course dates and/or frequency of delivery** | Courses are scheduled regularly by the The Dublin Rape Crisis Centre and by arrangement |
| **Cost**                          | €220 per participant.  
A reduced fee of €110 is offered to participants from voluntary organisations |
| **Assessment**                    | Not applicable               |
| **Qualification**                 | Certificate of Attendance    |
| **Accrediting Body**              | Not applicable               |
### Working with Issues of Child Sexual Abuse: A One Day Introductory Workshop

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<td><a href="mailto:leonie@rcc.ie">leonie@rcc.ie</a></td>
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<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>A one day introductory workshop To increase understanding of the dynamics and impact of child sexual abuse and to enhance capacity to deal with this issue</td>
</tr>
</tbody>
</table>
| **Brief description of course content** | • Myths and attitudes towards child sexual abuse and their impact on the person who has experienced abuse and on the worker.  
• Facts about the incidence of child sexual abuse in Ireland.  
• The impact of child sexual abuse on the child and in the long term.  
• Facilitating a disclosure of child sexual abuse.  
• Child protection issues.  
• Vicarious traumatisation and self-care strategies for the worker |
| **Target groups**                  | Counsellors, psychotherapists, psychologists, teachers, psychiatric nurses, youth workers, addiction workers, prison staff, doctors, helpline workers, refuge workers and many others who encounter issues of sexual violence in their work |
| **Entry requirements**             | n/a                         |
| **Course location**                | The Dublin Rape Crisis Centre, 70 Lower Leeson Street, Dublin 2 or at a venue provided for by the commissioning organisation |
| **Course dates and/or frequency of delivery** | Courses are scheduled regularly by the Dublin Rape Crisis Centre and by arrangement |
| **Cost**                           | €100 per participant per day |
|                                    | €980 per day for a group    |
| **Assessment**                     | Not applicable              |
| **Qualification**                  | Certificate of Attendance   |
| **Accrediting Body**               | Not applicable              |
Working with Sexual Violence: Issues for the Counsellor - A DRCC 12 Day Workshop

Course provider / organisation: The Dublin Rape Crisis Centre
Address: 70 Lower Leeson Street, Dublin 2
Organisation mission statement: To heal the trauma of rape and sexual abuse
Contact person: Ms Léonie O’Dowd
Job title: Head of Education and Training
Telephone no: 6614911
Email: leonie@rcc.ie

Course aim & objectives: To increase the participant’s understanding of the dynamics and impact of rape, sexual assault, sexual harassment and child sexual abuse, and to enhance their capacity to work as counsellors with these issues

Brief description of course content: Participants will
- Be aware of the myths and attitudes existing in society regarding sexual violence
- Be informed about the actual incidence of sexual violence, and about research into causes and effects
- Be aware of the impact of sexual violence
- Develop their understanding and skills in facilitating a disclosure of child sexual abuse or other trauma, while avoiding re-traumatisation of the client
- Have an understanding of the counselling process with victims of sexual violence
- Sexual harassment: behaviours, legal issues, working with the impact
- Sexuality issues
- Develop skills and strategies for supporting clients who are experiencing symptoms of post traumatic stress
- Develop an understanding of how the dynamics of abuse impact on the worker/client relationship, and on the organisation and staff relations
- Develop an understanding of how to identify and develop the resources of the client
- Be aware of their own issues regarding listening to stories of abuse and witnessing its impact on the lives of their clients
- Understand the impact of vicarious traumatisation, and develop strategies to prevent and deal with this

Target groups: This workshop is for those working in various roles with clients who have experienced child sexual abuse and other childhood trauma
Entry requirements: N/A
Course location: The Dublin Rape Crisis Centre, 70 Lower Leeson Street, Dublin 2 or at a venue provided for by the commissioning organisation
Course dates and/or frequency of delivery: Courses are scheduled regularly by the Dublin Rape Crisis Centre and by arrangement
Cost: €1,650
Assessment: Certificate of Attendance
Qualification: Certificate of Attendance
Accrediting Body: Not applicable
URRÚS/The Ballymun Youth Action Project
Horizons Centre
Balcurris Road
Ballymun, Dublin 11

URRÚS (Irish for "strength" or "confidence") was founded in 1996, by the Ballymun Youth Action Project, to provide training in relation to drug misuse. Most of our work is with adults, parents, people from the community and professionals working in the area or with those who through their work encounter addiction issues.

The Ballymun Youth Action Project was established in 1981 as a community response to drug/alcohol abuse. The project offers a range of services on all aspects of drug misuse ranging from work with individuals, families and groups to education and training courses.

Gabrielle Gilligan
Administrative Assistant
01 846 7980
urrus@iol.ie

To enable participants to:
- Learn about drugs and their effects
- Develop an understanding of addiction
- Examine their own attitudes
- Become more effective in their personal responses
- Develop the skills and knowledge to become more effective in responding to drug misuse in their own communities

- Pharmaceutical information on drugs and their effects
- Process of addiction
- How addiction effects individuals, families and communities
- How individuals and communities can respond
- Field visits to drugs services

Community members who feel they would like to be more effective when it comes to drug and alcohol issues.

Initially by application form & then by informal interview.

A number of venues in Dublin and also one in Limerick.

20 weeks – one 3-hour session each week plus a weekend away.

Varies

Exercises and assignments completed over the duration of the course.

1 module at FETAC Level 5.

FETAC (Further Education and Training Awards Council)
<table>
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**Contact person**

Gabrielle Gilligan

**Job title**

Administrative Assistant

**Telephone no**

01 846 7980

**Email**

urrus@iol.ie

**Course aim & objectives**

To enable workers gain an understanding of crack cocaine and explore appropriate interventions.

**Brief description of course content**

- History of crack cocaine
- How it works – its properties; its effects
- How it is used
- Working with crack cocaine users – types of intervention; identifying ways of reducing the associated health risks

**Target groups**

Workers in the drug field or social care area.

**Entry requirements**

n/a

**Course location**

Ballymun

**Course dates and/or frequency of delivery**

Half–day workshop – run 4-5 times a year. Please contact for further details.

**Cost**

€40

**Assessment**

n/a

**Qualification**

Certificate of completion

**Accrediting Body**

URRÚS/The Ballymun Youth Action Project
## Diploma in Community Drugs Work

**Course provider / organisation**
URRÚS/The Ballymun Youth Action Project

**Address**
Horizons Centre,
Balcurris Road,
Ballymun,
Dublin 11

**Organisation mission statement**
URRÚS (Irish for "strength" or "confidence") was founded in 1996, by the Ballymun Youth Action Project, to provide training in relation to drug misuse. Most of our work is with adults, parents, people from the community and professionals working in the area or with those who through their work encounter addiction issues.

The Ballymun Youth Action Project was established in 1981 as a community response to drug/alcohol abuse. The project offers a range of services on all aspects of drug misuse ranging from work with individuals, families and groups to education and training courses.

**Contact person**
Gabrielle Gilligan

**Job title**
Administrative Assistant

**Telephone no**
01 846 7980

**Email**
urrus@iol.ie

**Course aim & objectives**
This course provides further training to those already involved in the drugs/addiction area.

**Brief description of course content**
Modules covered during the 2 years are:
- Addiction Overview
- Introduction to Counselling
- Aspects of Groupwork
- Motivational Interviewing
- Social Policy / Drugs Policy
- Community Development
- Understanding Prevention and Support
- Treatment Approaches
- Crisis Intervention
- Community Research Methods
- Work Placement

**Target groups**
People who wish to develop their knowledge and skills in the area of community drugs work.

**Entry requirements**
Aged 21 or over and have completed the Community Addiction Studies Course or equivalent. Initially by application and then by interview.

**Course location**
Ballymun

**Course dates and/or frequency of delivery**
One day a week during the academic year (Sept. to May) over a 2-year period.

**Cost**
Approximately €2000 per year.

**Assessment**
A variety of assessment approaches are used during the course. These approaches include: written assignments; practical skill assessments; presentations; and a learning journal. Assessment is carried out throughout the course as individual modules are completed.

**Qualification**
Diploma in Community Drugs Work.

**Accrediting Body**
University College Dublin, The National University of Ireland. This course also fulfils all of the education requirements (100 hours of education theory) for accredited membership of the IAAAC.
| Course provider / organisation | URRÚS/The Ballymun Youth Action Project |
| Address | Horizons Centre  
 Balcurris Road  
 Ballymun  
 Dublin 11 |
| Organisation mission statement | URRÚS (Irish for “strength” or “confidence”) was founded in 1996, by the Ballymun Youth Action Project, to provide training in relation to drug misuse. Most of our work is with adults, parents, people from the community and professionals working in the area or with those who through their work encounter addiction issues.  
The Ballymun Youth Action Project was established in 1981 as a community response to drug/alcohol abuse. The project offers a range of services on all aspects of drug misuse ranging from work with individuals, families and groups to education and training courses. |
| Contact person | Gabrielle Gilligan |
| Job title | Administrative Assistant |
| Telephone no | 01 846 7980 |
| Email | urrus@iol.ie |
| Course aim & objectives | To provide introductory information about drugs and alcohol. |
| Brief description of course content | - Drugs Information  
- Alcohol Misuse  
- Trends and Patterns  
- Signs and Symptoms  
- Involving Support Agencies and making Referrals |
<p>| Target groups | People who want to begin to learn about drug/alcohol and their effects. |
| Entry requirements | n/a |
| Course location | Ballymun |
| Course dates and/or frequency of delivery | Is run 3-4 times each year. Please contact for further details. |
| Cost | €35 |
| Assessment | n/a |
| Qualification | n/a |
| Accrediting Body | n/a |</p>
<table>
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<td><a href="mailto:urrus@iol.ie">urrus@iol.ie</a></td>
</tr>
<tr>
<td><strong>Course aim &amp; objectives</strong></td>
<td>To provide a short introduction to drugs and alcohol.</td>
</tr>
</tbody>
</table>
| **Brief description of course content** | • Drugs Information  
• Alcohol Misuse  
• Signs and Symptoms |
| **Target groups**                 | People who want to begin to learn about drug/alcohol and their effects. |
| **Entry requirements**            | n/a                                    |
| **Course location**               | Ballymun                               |
| **Course dates and/or frequency of delivery** | Is run 3-4 times each year. Please contact for further details. |
| **Cost**                          | €10                                    |
| **Assessment**                    | n/a                                    |
| **Qualification**                 | n/a                                    |
| **Accrediting Body**              | n/a                                    |
URRÚS/The Ballymun Youth Action Project

Horizons Centre, 
Balcurris Road
Ballymun,
Dublin 11

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The Ballymun Youth Action Project was established in 1981 as a community response to drug/alcohol abuse. The project offers a range of services on all aspects of drug misuse ranging from work with individuals, families and groups to education and training courses.

Gabrielle Gilligan
Administrative Assistant
01 846 7980
urrus@iol.ie

To enable workers to look at the physiology of stress; explore the link between stress and drug use and identify appropriate responses to stress in this context.

What is stress?
How stress affects – physically, mentally and emotionally
Impact of stress in addiction
Issues to explore with clients
Helping clients relearn a variety of ways of coping
Stress indicators

Workers who come in contact with drug use.

n/a

Ballymun

Half–day workshop – run 3-4 times a year. Please contact for further details.

€40

n/a

Certificate of completion

URRÚS/The Ballymun Youth Action Project
URRÚS/The Ballymun Youth Action Project
Horizons Centre,
Balcurris Road,
Ballymun,
Dublin 11.

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The Ballymun Youth Action Project was established in 1981 as a community response to drug/alcohol abuse. The project offers a range of services on all aspects of drug misuse ranging from work with individuals, families and groups to education and training courses.

Gabrielle Gilligan
Administrative Assistant
01 846 7980
urrus@iol.ie

To enable participants to:
• Understand the reasons for homelessness
• Explore the difficulties experienced by the above groups in accessing mainstream services
• Identify ways of linking people to appropriate services
• Look at advocacy and support skills

• How and why people become homeless
• Determining the issues faced by people who are homeless-drug users
• Looking at the barriers encountered by homeless-drug users seeking to access services
• Ways of assisting clients to prioritise needs
• How to support clients to access services
• Developing advocacy and support skills

Project workers and volunteers working with the homeless and drug users.

n/a
Ballymun
Half–day workshop – Is run 2-3 times a year. Please contact for further details.

€40
n/a
Certificate of completion

URRÚS/The Ballymun Youth Action Project
| **Course provider / organisation** | URRÚS/The Ballymun Youth Action Project |
| **Address** | Horizons Centre, Balcouris Road, Ballymun, Dublin 11 |
| **Organisation mission statement** | URRÚS (Irish for “strength” or “confidence”) was founded in 1996, by the Ballymun Youth Action Project, to provide training in relation to drug misuse. Most of our work is with adults, parents, people from the community and professionals working in the area or with those who through their work encounter addiction issues. The Ballymun Youth Action Project was established in 1981 as a community response to drug/alcohol abuse. The project offers a range of services on all aspects of drug misuse ranging from work with individuals, families and groups to education and training courses. |
| **Contact person** | Gabrielle Gilligan |
| **Job title** | Administrative Assistant |
| **Telephone no** | 01 846 7980 |
| **Email** | urrus@iol.ie |
| **Course aim & objectives** | To provide a good basic understanding of drugs and related issues. |
| **Brief description of course content** | - Drugs and their Effects  
- Signs and Symptoms  
- Drug Trends and Patterns  
- Stages in the Process of Addiction  
- Progression to Problematic Use  
- Addiction and Family  
- Treatment Approaches and Making Referrals |
| **Target groups** | People who want to refresh their knowledge about drugs and gain further information. |
| **Entry requirements** | n/a |
| **Course location** | Ballymun |
| **Course dates and/or frequency of delivery** | Is run 2-3 times each year. Please contact for further details. |
| **Cost** | €40 |
| **Assessment** | n/a |
| **Qualification** | Certificate of completion. |
| **Accrediting Body** | URRÚS/The Ballymun Youth Action Project |