



RAINBOW TRAINING PROGRAMME

Training Family Members and Service Users to communicate effectively

Dates: Tuesday, 14th November 2017 and Wednesday, 22nd November 2017 10.00-16.00

Venue: TBA, UH College Lane Campus

We are lucky enough to be able to offer this highly successful training programme for the first time in the UK thanks to the Erasmus Teaching Exchange Programme between UH the Ono College National School of Mental Health Rehabilitation and Recovery in Israel.

The training will be delivered by Dr. Penina Weiss and Dr. Naama Katz, who are highly experienced trainers. This unique programme was developed by Dr. Noami Hadas Lidor and Dr. Weiss from the Ono College.

The training will give you the opportunity to learn how to communicate within the family by applying constructive communication that promotes your ability to resolve everyday problems. It will help you be active, engaged and responsible in the care of your family members in order to change your life and that of your family.

The training is focused on developing cognitive mediating behaviors, leading to co-produced collaboration and belonging, within the broader context of recovery.

Have you reacted too emotionally to your family members?

Have you wanted to be a more active partner in the professional team's decisions

Have you looked for ways to try to maintain your own health and wellbeing in light of your family member's illness?

We have 20 places available to carers, UH students, staff, people who use mental health services and family members

Please register by October 14th 2017, with one of the UK co-ordinators of this training:

**Dr. Audrey Kempson
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**Prof. Shula Ramon
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