SOCIAL BEHAVIOURAL NETWORK THERAPY

Overview

Social Behavioural Network Therapy is a unified social treatment approach that combines elements of: Network therapy, Uni-lateral family therapy, Community reinforcement approach, Relapse prevention, Approaches with family and concerned others.

It is designed to encourage change in behaviour patterns of individuals who suffer from an addiction. It offers an excellent supportive tool for those caring for vulnerable individuals who need change.

Duration All day

Course Objectives
Participants will be explained how to identify current social network, communicate the importance of building network support, engage the network, goal set for treatment, set agendas and follow structure, empowering the network.

The course will involve the following topics:

- Understanding & recognising the persons social network.

- Building positive support for change.

- Engaging the network.

- Empowering the network.

- Communication.

- Recognition of understanding difficulties.

- Agenda setting.

- Goal setting for treatment.

- Future planning.

- Developing a Network Based Relapse Management Plan.

The aim of this course is to provide the necessary tools to change/improve individual circumstances of addiction, and to act as a safety net of continual support for those affected.

The course is supported by an informative handout and accompanying discussions. On completion, all participants will receive a Mind Consultancy certificate of attendance which states the NVQ & new QCF leaning outcomes that have been covered.