

Care Matters: HIV and Mental Health

Maximum Participants: 16

Duration: One Day

Timings: 09:30 – 16:30



Mike Phillips Training

Releasing potential through learning and development

Suitable for

All health and social care professionals who work with clients living with or affected by HIV/AIDS:

- Day care staff
- Health care assistants
- Residential care staff
- Domiciliary care staff
- Nursing staff
- Team Leaders and Managers

Aim

To build upon existing HIV/AIDS awareness and explore how the impact of an HIV diagnosis and living with HIV may affect mental health. You will develop skills and strategies to support people with HIV/AIDS and emotional support needs.

Learning Outcomes

By the end of the course, you will be able to:

- ✓ Review your current awareness about HIV/AIDS, its prevalence in the UK and HIV transmission
- ✓ Explain the particular challenges of disclosure for people living with HIV
- ✓ Be aware of the potential impact of HIV in terms of stigma and discrimination
- ✓ List the potential emotional, social and practical support needs of people living with HIV
- ✓ Describe how living with HIV/AIDS may impact upon a person's mental health and well-being
- ✓ Demonstrate good communication with people with living with HIV/AIDS and their loved ones

You will also leave the course with:

- ✓ A sense of achievement
- ✓ A Personal Action Plan to take your learning further
- ✓ A toolkit of techniques and practical ideas for releasing your potential



“The day was very enlightening – particularly thinking about the mental health impact on those who have been long-term diagnosed with HIV.

I wish this topic had a higher profile”

Course Participant

MIND



Training Style

All courses are interactive, using diverse participatory, ‘brain-friendly’ training methods including: exercises; games/quizzes; handouts and workbook; small/large group discussion; skills practice and trainer input.

All courses are accompanied by a **Welcome Pack** (including some essential pre-course activities to prepare for learning) and a **‘Bonus Pack’** after the training with additional tools, and follow-up activities to support transfer of learning to the workplace. (*email required)

Other Courses to consider (Visit my website for details of these and other courses)

- ➔ Care Matters: Basic Counselling Skills
- ➔ HIV and Women
- ➔ Care Matters: Involving and Consulting Clients and Service-users
- ➔ HIV in the Workplace
- ➔ Diversity: Valuing Difference when Working with Others (for front-line staff)
- ➔ Meeting the Care Needs of Older LGBT People
- ➔ Mental Health Awareness

website

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