

Resilience Practitioner Training

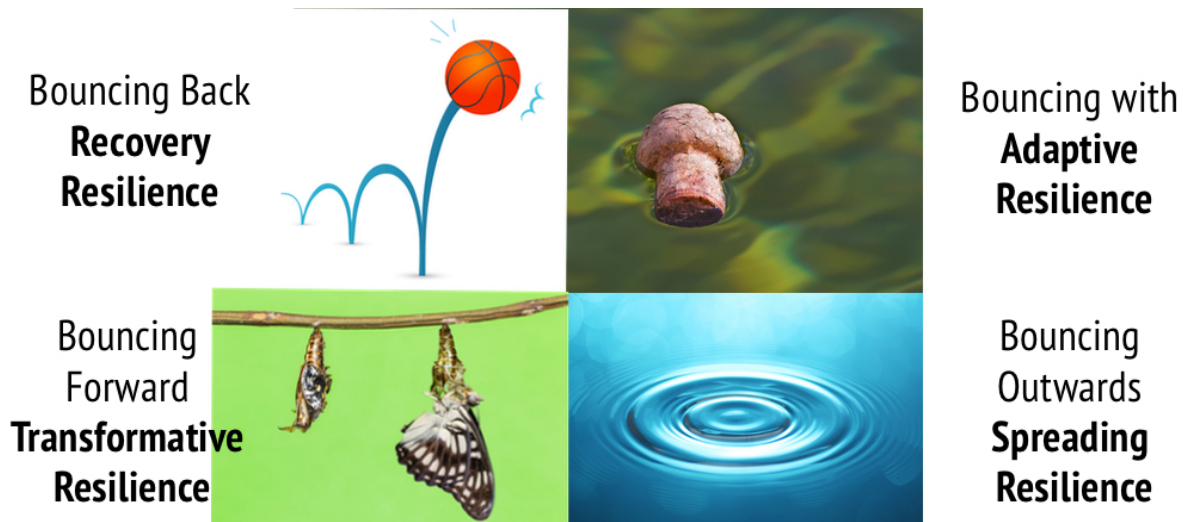
An online course in practical resilience tools for self-care and helping others

Featuring eight live webinars, video tutorials and an interactive online resource

With Dr Chris Johnstone of CollegeOfWellbeing.com

Starts 27th October 2020

Resilience is our ability to withstand, deal with and/or recover from difficult situations. It includes our ability to cope with stress, make the best of things and rise to the occasion. Resilience training has been shown to help reduce the risk of depression, anxiety and stress-related harm, while also strengthening people's coping capacity when facing adversity. The multiple and complex challenges brought by Covid19, on top of those already present, brings a need to make resilience skills and practices more widely available.



Four types of bounce–ability helpful in our times

This online training is designed for practitioners (including health and social care professionals, managers, team leaders, teachers, therapists and coaches) who wish to familiarise themselves with evidence-based resilience tools both to use themselves and pass on to those they work with. The course is also suitable for interested members of the public keen to grow their capacity to deal with difficult times.

“There is a real skill in taking a huge topic and distilling it into accessible, digestible chunks that add immediate value.

Chris Johnstone has created such a programme here.”

Anna Phillips, Coach and Mindfulness Teacher, annaphillips.co.uk

The Resilience Practitioner Training focusses on seven key areas where learnable strategies and insights help personal resilience grow (drawing on the framework described in Chris Johnstone's book *Seven Ways to Build Resilience*). The course is presented in eight modules, each focusing on specific resilience-building interventions and self-help practices.

The course involves three core elements:

1. Eight 60-minute live webinars with Dr Chris Johnstone, on Tuesdays at 8pm UK time (for other timezones, see <https://www.thetimezoneconverter.com>). The first seven are delivered weekly from 27th October 2020, then there is a follow-up webinar on Jan 26th 2021. As all webinars are recorded, they can be watched at times convenient to you if you can't make the live event.
2. An online learning platform with accompanying video tutorials and interviews, as well as downloadable handouts, templates and a discussion forum.
3. A home practice exercise with each module that supports the development of a different resilience skill.

I found Chris Johnstone's Resilience training to be an invaluable resource that I keep going back to. The training is clear and easy to engage with and the skills learnt are highly pragmatic and applicable in everyday life. I use these resilience tools in my practice as a therapist almost daily with my clients and I can see the benefits for them too."

Stephanie Betschart, www.stephanie-hypnotherapy.co.uk

Content

Module 1 – Storyboarding, Core Framework and Foundations

This module introduces the core framework of the course, based on developing a personal resilience toolkit of Self-Helps SSRIs (Strategies, Strengths, Resources and Insights). Foundational practices, such as storyboarding and mapping influences, are introduced. A central theme is exploring how we help others deal with dips, with self-help tools that help them find the upslope of recovery.

Module 2 – Emotional First-Aid

What helps us deal with emotional storms and distress? This module draws on advances in neuroscience that help us understand the impact of our nervous system on how we think, feel and act. Applying emotional intelligence strategies, we look at ways to listen to and benefit from our feelings, while also being able to weather emotional upset. Emotional First-Aid practices are introduced that we can teach people to settle themselves when feeling distressed. We'll look at useful elements in a crisis drill, drawing on self-compassion, mindfulness and ACT (Acceptance and Commitment Therapy).

Module 3 – Thinking Flexibly, Self-Help Cognitive Therapy

Cognitive Therapy is of proven benefit in treating depression and anxiety. This module introduces a self-help form of cognitive therapy based on applying three thinking skills taught in the Penn Resilience Program. We'll look at using the ABC Thinking Check tool to increase awareness of the impact of the way we think, as well as nudge ourselves or those we work with to explore new perspectives.

Module 4 – Overload Management, Dealing with Stress

This module introduces the human function curve as a way of helping understand the relationship between pressure and performance. We'll look at what happens to our bodies and minds when we're in overload, recognizing how breathing and relaxation practices act on our physiology to help settle symptoms of stress. We'll also look at practical strategies to tackle overload when too many plates are being spun.

Module 5 Problem-Solving Strategies, Cultivating Creative Responses

Problem Solving Training has been shown to be as effective as antidepressants in the treatment of depression, though you don't need to be depressed in order to benefit. We'll look at how to cultivate creative thinking, strengthen frustration tolerance and use structured problem-solving processes that help open up new pathways forward in areas where we, or those we work with, have been feeling stuck.

Module 6 – Strengthening Support, Resilience in Relationships

This module looks at how to help people strengthen their support networks and nourish the relationships that sustain them. We identify common obstacles to asking for, and receiving support, as well as ways to help our clients through these. Moving from personal to interpersonal resilience, we look at what helps us deal with bumpy patches between people or in teams, and repair relationships when they go wrong.

Module 7 – Stickability part 1 – Helping Resilience Habits Stick

Much of what is communicated in training courses is likely to be forgotten within a short period of time. How can we increase the chances that the benefits of this course, or the wellbeing interventions we offer, will endure? This module looks at the maintenance stage of change and explores ways of planting resilience habits so that they are more likely to stick.

Module 8 - Stickability part 2 - Follow-up review

An opportunity to review learning after a period of reflective practice (and an optional reflective practice project) to apply the tools we've looked at.

Date	Module	Topic
27 th Oct	1	Storyboarding
3 rd Nov	2	Emotional First-Aid
10 th Nov	3	Thinking Flexibly
17 th Nov	4	Overload Management
24 th Nov	5	Problem-Solving
1 st Dec	6	Strengthening Support
8 th Dec	7	Stickability pt 1 – helping resilience habits stick
26 th Jan 2021	8	Stickability pt 2 - follow up review

Certificate of Completion

On completing the course (with a minimum 80% online course completion and returning a post-course questionnaire) participants would be awarded the Resilience Practitioner Certificate from CollegeOfWellbeing.com.

About the Trainer

Dr Chris Johnstone is one of the UK's leading resilience trainers, with over 30 years experience teaching in this field. After a first degree specializing in psychology, he graduated in medicine with distinction in 1986. He trained as a GP, then moved into the mental health field. For many years he ran a groupwork programme in the UK mental health service teaching resilience skills, while also pioneering resilience training in the workplace and in adult education. His books include *Active Hope* (co-authored with Joanna Macy) and *Seven Ways To Build Resilience*. His online resilience trainings have attracted students from over 60 countries.

Time Requirements

We recommend allowing 2.5 hours for each of the eight modules (60 mins for each webinar plus 90 mins for additional videos, reading and practice), counting the course as 20 hours of CPD (continuing professional development). Additional reading and links may lead interested participants to spend longer than this.

What past participants have said:

"Chris Johnstone runs an excellent course. Whether you are interested in developing personal resilience or taking a deeper look at this topic to use with clients, you will gain a solid grounding in this area with access to a wide library of resources."

Nishi Singh, Executive Coach, www.carlton-consulting.co.uk

"This course has amazing depth and practicality to it. Chris guides you through a wealth of knowledge with a large menu of useful tools to apply immediately."

Klaudia Van Gool, Permaculture Teacher, www.klaudia.co.uk

"Chris has a brilliant way with words and presents easily remembered tools and techniques that can immediately be put into practise and shared with my clients."

Catrin MacDonnell, Executive Coach.

Free Introductory Online Course

Resilience Tools for Free in a time of Coronavirus Crisis – with a series of short engaging videos (about an hour of content in total) looking at applying resilience tools in the current Covid crisis. You can join this free course at <https://app.ruzuku.com/courses/44329/about>

Course fee

The course costs £245 (approx US\$328 or €275) if booked by 20th Oct 2020, and £295 after this (approx US\$394 or €331). If you are a full-time student or on a low income, please **contact us** if you'd like to apply for the earlybird concession price of £140 (approx \$189 or €163) by 20th Oct, or £195 (approx \$249 or €214) after this. Please book at <http://collegeofwellbeing.com/resilience-practitioner-training/> using the paypal button or **contact us** if you'd prefer to pay by direct bank transfer.