



Online learning delivered directly to your organisation

Adults - Workshop menu 2024/25

Designed for interactive learning of up to 20 participants our online workshops use a range of methods to enable active learning. This includes presentations, breakout room discussions, working with case study scenarios, filmed resources, podcasts, individual reflection time and large group discussions.

Workshops run for six hours and include a morning and afternoon comfort break and lunch break.

Choosing your online learning workshop

You can select one topic per day of your organisational membership allocation. Link Officers are invited to:

1. Review the workshop menu and choose a topic that meets your local needs.
2. Book via the [booking request form](#).
3. Our learning team will work with you to confirm a delivery date and provide relevant information.

Booking deadline **Friday 4 October 2024**.

Cultural humility and anti-racist practice

Summary: Cultural humility is a stance that attempts to genuinely understand peoples' identities in relation to race and ethnicity, gender, sexual orientation, class and socioeconomic status, education, social needs.

This workshop will support participants to consider what cultural humility and anti-racist practice means to them in the context of their professional identities and organisations.

Through the engagement of critical thinking and open dialogue, participants will work towards being more attuned to addressing racism, marginalisation and exclusion on the personal, team and organisational level.

Designed for: Practitioners working across direct service delivery, middle managers and leaders.

Developing professional curiosity

Summary: Support practitioners to build the skills and knowledge to embed professional curiosity as a central component of their practice. Participants will examine the importance of professional curiosity in adult social care practice and explore learning from situations where professional curiosity has not always been evident.

Participants will also be provided with different tools, practices and skills to support professionally curious practice.

Designed for: Social care practitioners working directly with adults.

Holding difficult conversations

Summary: Develop practical strategies to facilitate conversations that may be experienced as 'difficult' or 'uncomfortable'. With an emphasis on self-reflection and reflexive practice, participants will identify, examine and address the power dynamics in conversations between practitioners and the people they support.

The workshop will offer a range of approaches, tools and techniques that can be used to prepare for and facilitate respectful and compassionate conversations.

Designed for: Social care practitioners working directly with adults.

Implementing the *Care Act 2014*

Summary: Support practitioners to implement the *Care Act 2014*. This workshop will cover statutory responsibilities under the *Care Act 2014* when working with people, including the National Eligibility Criteria. Participants will gain increased knowledge, skills, and confidence in using an outcome-focused, strengths-based approach when support planning, as outlined in the *Care Act 2014*.

Designed for: Social care practitioners working directly with adults.

Making and evidencing defensible decisions

Summary: Explore the characteristics of analytical and defensible decision-making in adult social care. Participants will define and explain person-centred decision making in social care practice, consider the balance of intuitive and analytical approaches and practice using tools to support and record defensible decision-making.

Designed for: Social care practitioners working directly with adults.

Reflective supervision for supervisees

Summary: Designed to support supervisees – practitioners who are receiving supervision – this workshop will set out the fundamentals of reflective supervision. Participants will discuss what reflective supervision is, explore how the emotional impact of their work may be addressed in reflective supervision and practice using a reflective cycle.

During the workshop, participants will consider issues of inclusion, diversity and power in the supervisory relationship. A range of tools, techniques and approaches to support best use of supervision will be offered, including resources for providing considered feedback about their supervision experience to their supervisor.

Designed for: Social care practitioners who are participating in supervision. Please see the 'Reflective supervision for supervisors' workshop for practice supervisors.

Reflective supervision for supervisors

Summary: Build practice supervisor's confidence, skills and knowledge in reflective supervision. This workshop will set out the role of supervisors in supporting practitioners in direct practice with adults. Participants will discuss what reflective supervision is and will practice using a reflective cycle. They will also explore how the emotional impact of work can be addressed in reflective supervision.

During the workshop, participants will consider their role in supporting inclusive and anti-racist supervision and how issues of inclusion, diversity and power can be acknowledged and addressed through the supervisory relationship.

Designed for: Practice supervisors.

Strengths-based practice

Summary: Develop and strengthen strengths-based approaches, reflect on the knowledge, skills and values needed to build collaborative and hopeful relationships with adults drawing on care and support. In this workshop participants will consider a range of strengths-based questions, and practice holding strengths-based conversations. The workshop will draw on the legislative and policy context of strengths-based working and look at how this can be applied in practice.

Designed for: Social care practitioners working directly with adults.

Supporting wellbeing in social care teams

Summary: This workshop will support participants with practical, evidence-informed approaches to support mental health and emotional wellbeing, considering both individual qualities and organisational conditions. Drawing on up-to-date research and resources, participants will develop a self-care action plan and assemble a personalised 'toolbox' of strategies to repair, maintain, grow and sustain mental wellbeing.

Designed for: Practitioners working across services, including frontline practitioners, middle managers and leaders.

Trauma-informed practice in adult social care

Summary: Develop knowledge and confidence in trauma-informed, relationship-based practice, building core skills to enable trauma-informed approaches.

In this workshop participants will consider the impacts of complex, developmental trauma and the ways these experiences may affect engagement between practitioners and the people they work with.

Participants will explore the key principles underpinning trauma-informed approaches, increase their knowledge of how trauma-informed approaches can be implemented into practice and develop their skills in facilitating engagement with people affected by trauma.

Designed for: Social care practitioners working directly with adults.

Working with carers

Summary: Develop and strengthen inclusive, trusted work with carers. Considering the *Care and Support Statutory Guidance* from the Department of Health and Social Care, participants will explore carer assessments and consider how to enhance a rights-based response to carers within a constrained and pressured context.

The workshop will use vignettes, case studies and tools to support practitioners to develop their knowledge and skills in working with carers. This workshop will draw on the recently updated [Social Work with Carers](#) online resource.

Designed for: Social care practitioners working directly with adults.

Working with people from war affected areas

Summary: Explore and consider the complexities of working with refugees and people arriving at their local areas from war affected regions.

Participants will consider some of the cultural, social, and psychological factors influencing the experiences of refugees and people from war-affected areas. Using trauma-informed and rights-based approaches, they will reflect on recognising and upholding the inherent rights and dignity of each individual person.

Participants will also reflect on their own practice, including personal biases and assumptions and the potential impact of secondary trauma and compassion fatigue.

Designed for: Social care practitioners working directly with adults. This session is designed for social care workers who have a basic knowledge level or experience of practice in this area.

Working with risk

Summary: Understand how to work effectively and positively with risk. In the context of strengths-based working, participants will explore the core professional skills to make confident and defensible decisions about risk and relate this to safeguarding practices. Participants will recognise and challenge the importance of legal literacy in relation to working with risk and how case law can inform risk enablement in practice. They will also explore how diversity, intersectionality and power can impact risk and how to create a positive risk culture.

Designed for: Social care practitioners working directly with adults.

Writing analytically throughout practice

Summary: Explore the importance of analytical thinking, writing and language in the context of a practitioner's role. Participants will deepen their understanding of the meaning and impact of written records in the lives of the people they work with.

Working with examples of analytical writing, participants will use tools, skills and techniques to develop their analytical writing skills, improve case recording and use analytical and critical thinking in practice.

During the workshop, participants will practice using ecomaps, consider alternatives to narrative writing and explore the use of research evidence as part of analytical writing.

Designed for: Social care practitioners working directly with adults.

Commissioning extra learning support

We can offer extra workshop deliveries, such as commissioning another topic, or additional deliveries to offer more workshop places.

Please use the [booking request form](#) (select Request type: Additional commission) and the team will get in touch with the cost of your chosen workshop and booking options.

Bespoke learning support

We can also design and deliver bespoke learning support to meet your organisational needs. This includes adapted workshops, such as delivering to a larger audience or incorporating a different approach.

Our skilled team will work closely with you during development to ensure that the learning meets the outcomes your organisation is looking to achieve. If you would like to discuss options, please use the [bespoke learning support request form](#) and we will contact you.

To discuss bespoke learning please contact: learning@researchinpractice.org.uk.



www.researchinpractice.org.uk



ask@researchinpractice.org.uk



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