

## Open Courses For the New Year 2010

### Welcome to Our Latest eBrochure

We hope you find the course for you in this brochure. But if you can't see what you are looking for why not contact us—we love designing tailored courses to meet your needs. We can bring the course to your organisation anywhere in the UK.

[More details...](#)

Alternatively, suggest a new open course, if we put it on—you get a FREE place

[More details...](#)

### Courses at The Lodge, Leeming Bar, North Yorkshire

#### Anger Management

1-day: 20<sup>th</sup> January

£95 (+VAT) [Book Now](#)



[More details](#)

*"A very good informative course as a group we have learnt a lot"*

The course is aimed at all those who work with problematic drug and alcohol users and looks at how to help service users develop anger management techniques.

This course is suitable for people working with adult or young people

*"Very up to date info on anger"*

*"To the point no jargon"*



#### Hidden Harm — Children Affected by Parental Substance Use

2-day: 2<sup>nd</sup> & 4<sup>th</sup> February

[More details](#)

£180 (+VAT) [Book Now](#)

*"Really good two days. I enjoyed the variety of exercises we did, which helped to keep us all focused on the content."*

This is a general awareness course aimed at professionals working with children and young people affected by parental drug/alcohol use.

This training will provide you with the knowledge and skills to respond to and prevent harm to the children of substance misusing parents

*"Thought provoking."*



#### Drugs on the Brain

1-day: 9<sup>th</sup> February

[More details](#)

£95 (+VAT) [Book Now](#)

This course is aimed at those who already know a lot about drugs but want to know more about the psychopharmacology

Understanding some of the principles of the biochemistry of drug use (and understanding how this interacts with environmental and psychological factors) can help us to make better predictions about the effects of drugs and help us to explain the effects to service users.



#### Legal Highs

1-day: 3<sup>rd</sup> March

[More details](#)

£95 (+VAT) [Book Now](#)

We are offering this course as a result of numerous requests from our colleagues, working in both adult and young people's services. The drug scene in the UK has and is continuing to change, with evidence of increasing use of 'legal highs'.

This course will cover the effects, the risks, and reflection on



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### Courses at The Source, Sheffield, South Yorkshire

#### Hidden Harm Awareness Working with Substance Using Parents

2-day: 25<sup>th</sup> & 26<sup>th</sup> January

£180 (+VAT) [Book Now](#)



[More details](#)

*"Good pace and plenty of group work enabled effective learning"*

Parental problem drug use can and does cause serious harm to children at every age from conception to adulthood.

If you work with adults who may be using substances and caring for children, you need to attend this training, so you are equipped to prevent this harm.



[More details](#)

*"Excellent content and advice just what I was hoping for"*

This course is targeted at all professionals working with young people (Universal services). This course helps you to understand the types of drugs young people use and why they use them. It will help you to recognise drug issues with young people, respond to them appropriately and know when to refer to specialist help.

#### Young People & Substance Use

2-day: 22<sup>nd</sup> & 23<sup>rd</sup> February

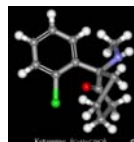
£180 (+VAT) [Book Now](#)

#### Understanding Ketamine

1-day: 25<sup>th</sup> February

[More details](#)

£95 (+VAT) [Book Now](#)



*"Excellent clear and informative"*  
*"Approachable friendly trainers easy to talk to and supportive"*

The use of ketamine is on the rise, especially amongst young people.

Get up to date knowledge on this drug and its effects with this 1-day course, which covers effects, risks and harm reduction.

#### Understanding Steroids

1-day: 11<sup>th</sup> February

[More details](#)

£95 (+VAT) [Book Now](#)



*"Excellent introduction to steroids"*

*"Excellent clear and informative"*

The use of steroids is on the rise, especially amongst young people. This course will give you the latest information on how this drug is being used and its effects.

It includes the safer injecting advice for steroids

legal rights.

This course will cover the effects, the risks, and reflection on how to do harm reduction in the face of limited information.

and  
informative'

It includes the safer injecting advice for steroids



## Sex, Drugs & Alcohol

2-day: 23<sup>rd</sup> & 25<sup>th</sup> March

[More details](#)

£180 (+VAT) [Book Now](#)

*"Very knowledgeable trainer, who delivered very clearly and made it interesting and fun."*

There are many connections between alcohol and drug use and sexual health.

Sex and sexuality can impact on how people use alcohol and drugs. There is a link between drugs/alcohol and sexual exploitation. Using drugs can affect the choices people make about their sexual health. It can be difficult for workers to raise issues of sexual health with service users.

This course will make it easier.



## Recovery Awareness

1-day: 17<sup>th</sup> March

[More details](#)

£95 (+VAT) [Book Now](#)

Our most popular course of 2009, early booking is highly recommended. If you work in the drug and alcohol field you will be aware that there has been an increasing focus on recovery. There is now greater recognition of recovery management as a key approach to working with people with substance use issues. Integrating recovery into treatment services is becoming the central focus in the commissioning of drug and alcohol treatment services.

The drug and alcohol field is evolving. Make sure you don't get left behind!

*We look forward to seeing you soon*

*The Drug Train Team*

If you wish to be removed from our mailing list please reply to this email with "remove" in the subject line.

If you have any difficulties accessing the website or completing your booking give Tom a call on 01226 738 321.

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