



Continuing Professional Development for Health Care Professionals

Tree of Life in NHS Mental Health Services (including in-patient)

Thursday, 5th July 2018

Workshop content, aims & who should attend

The 'Tree of Life' is a therapeutic intervention developed in Africa by child psychologist, Ncazelo Ncube, working in collaboration with David Denborough of the Dulwich Centre in Australia. Although initially developed with children and young people it has been successfully used with adults to help them identify their strengths and abilities, hopes and dreams, reconnect with their roots and relationships and think about the 'storms of life' from a position of strength. Through participating in this workshop, not only will staff members have the opportunity to experience empowerment themselves, but also have an opportunity to share it with their clients or clinical teams.

South London and Maudsley NHS Trust (SLAM) employ this therapeutic intervention to promote recovery through the promotion of positive and collaborative working relationships between staff and service users. This workshop aims to harness their learning and will be attended by Julie Fraser, Clinical Psychologist who, alongside two members of her team, will share her experiences of the Tree of Life in NHS practice.

The content of the day will be of personal and clinical benefit to NHS Mental Health Service staff with a willingness to engage experientially with this therapeutic intervention. While the workshop may include some self-disclosure this is voluntary and the workshop leaders will encourage participants to only share what they feel comfortable with.

Facilitator

Ncazelo Ncube is a Psychologist, Narrative Therapist and Psychosocial Specialist with over 15 years' experience working in the area of mental health and psychosocial wellbeing. She specializes in designing programs and interventions for various vulnerable groups and communities. Her work has largely focused on supporting children affected by HIV and AIDS, poverty and conflict in East and Southern Africa. Ncazelo is also very passionate about working and learning from communities about how they respond to trauma and hardships. She has worked as a Psychosocial Specialist and Trauma specialist in various parts of the world. Ncazelo has developed tools and methodologies that are used internationally to respond to trauma e.g. the Tree of Life, COURAGE Methodology, Narratives in the Suitcase Project.

The workshop is £130.00 and includes lunch and refreshments throughout the day
9am – 4.30pm

Venue - Highbury Hall, 4 Yew Tree Road, Moseley, Birmingham, B13 8QG

For more information or to book a place
email bsmhft.pgcertlipicpdprog@nhs.net



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