

Cognitive Stimulation Therapy - Capacity Building Training Workshops for Health and Social Care Staff

Monday 6th February 2017 – Jurys Inn, Aberdeen
Tuesday 7th February 2017 – Jurys Inn, Glasgow
Wednesday 8th February 2017 – COSLA, Edinburgh

Cognitive Stimulation Therapy (CST) was designed following a review of the literature on non-pharmacological interventions in dementia (Spector et al, 2000; Woods et al, 2005). CST represents a combination of the most effective non pharmacological interventions for dementia and has been extensively evaluated using large-scale, multi-centre randomised controlled trial methodology across 23 centres, including residential care homes and social care day centres (Spector et al, 2003). This RCT methodology identified significant improvements in cognitive functioning and quality of life in the CST treatment group. Similarly, further research has identified improvements in language skills such as naming, word-finding and comprehension (Spector, Orrell & Woods, 2010) and people with dementia, carers and staff describe involvement in such groups as a positive experience in a variety of ways (Spector, Gardner & Orrell, 2011).

NHS Education for Scotland Training

In light of this evidence-base, NHS Education for Scotland has commissioned free one-day capacity-building workshops with an aim to increasing access to Cognitive Stimulation Therapy for people with dementia.

The overall aims of the training programme are:

- to establish a core group of individuals who are trained to coach and support their colleagues in the practice of CST.
- to build a sustainable system for the development, delivery and clinical governance of CST across Scotland.
- to ensure established standards of practice necessary to ensure the effectiveness of this psychological intervention.

Facilitator

The training workshops will be led by **Dr Josh Stott** on behalf of CST Training & Consultancy. Josh is a psychologist and very experienced in the delivery of CST training for health and social care professionals, in collaboration with Dr Aimee Spector who developed CST and conducted the main research trial.

Who should attend?

The target audience for the training are individuals working with people with dementia at Enhanced and Expertise levels of practise, such as:

Activity Co-ordinators within health and social care; Dementia Ambassadors; Practice Education Facilitators; Day Care Officers; and Clinicians in Older People's Mental Health Services (such as Clinical Psychologists, Liaison Nurses, CPNs and OTs).

Individuals working at Enhanced level will have experience of developing and delivering group-based activity programmes for people with dementia and/or other mental health problems and the motivation to learn to support others to do so. Individuals working at Expertise level will have experience of developing and delivering staff training to support improvements in clinical practice and service development.

Attendees should also have the **support of their professional line manager and service manager** in terms of the **time required to develop and deliver CST within their own service**; and to support other staff members in developing these skills.

Where possible, it is important for individuals taking part in this CST training to make links with other colleagues doing so in their locality, to ensure this is developed in a consistent way. It is essential that the people who undertake the training are willing, able and will receive organisational support to lead and sustain change in their own area of practice.

Workshop application

Please click on the link below to apply for a place at the **Aberdeen** workshop:

<https://response.questback.com/nhseducationforscotland/kywxxjqmqd>

Please click on the link below to apply for a place at the **Glasgow** workshop:

<https://response.questback.com/nhseducationforscotland/qmugratxk>

Please click on the link below to apply for a place at the **Edinburgh** workshop:

<https://response.questback.com/nhseducationforscotland/cp4aziicwm>

Please note that the closing date for application is 5pm on the **6th January 2017**, and confirmation of places will follow that week.

If you have any queries please contact Amy Taylor, team administrator at Amy.Taylor@nes.scot.nhs.uk.