



Creating Solutions With You

“
Extremely worthwhile course. The increase in my understanding about unconscious bias and how it pops up and makes you think differently has increased tenfold... Brilliant course.

”
- Workshop Delegate, West London Mental Health Trust.

Contact 020 8133 4636 | 07737 281123 | hari.sewell@hsconsultancy.org.uk | www.hsconsultancy.org.uk

HS Consultancy is the trading name of Hári Sewell Consultancy Ltd. Registered in England and Wales Registered Office Beechey House, 87 Church Street, Crowthorne, Berkshire RG45 7AW. Registration Number 7111862

Hári Sewell is Founder and Director of HS Consultancy and the former Executive Director of Health and Social Care in the NHS, where his responsibilities included learning and organisational development. Hári is an honorary Senior Visiting Fellow at University of Central Lancashire, and was editor of the Journal Ethnicity and Inequalities in Health and Social Care. He was the founder and chair of the National Social Care Strategic Network (Mental Health) until November 2010. Hári was part of the Marmot Review of Health Inequalities post 2010. Hári is widely published with books, chapters and peer reviewed articles appearing regularly.



****NEW COURSES ADDED****

Migration, Immigration and Mental Health

Understanding why and how people travel and the consequences of the causes, the journey and arrival in a new place. Clarifies the legal status and terminology in relation to migration and forced travel and covers practice issues such as no recourse to public funds, trauma, dissociation, suicide and resilience. Work is located within a socio-political critique.

1 day | 12 - 20 people

Responsibility and autonomy/ complex decision-making. How to manage the stress of the Approved Mental Health Professional role

The knowledge required to make a decision is sometimes available but navigating power, internal anxiety and the conflict of independence and organisational accountability can create stress. This course delves beneath the surface of individual psychology, organisations and power, and how to maximise authentic decision-making.

1 day | 12 - 20 people

An Introduction to Mental Health

An introductory level course for people needing an understanding of mental health, psychiatry and the mental health sector. Supports learning of the processes of diagnoses; the most common diagnoses; typical service structures; commonly used sections of the current Mental Health Act and its relationship with the Mental Capacity Act. A reflexive course

1 day | 12 - 15 people

Religion, faith and spirituality in mental health

Enhancing knowledge and understanding about the different terms and how religion, faith and spirituality affect the experiences of service users and the perceptions of mental health professionals. This course locates faith in a historical context, with a post enlightenment focus on reason and how this interrelates with paradigms in modern psychiatry.

1 day | 12 - 20 people

“ Hári was superb, excellent facilitator, charismatic and thoughtful.

”

*“ This was the **best training** I have ever been to via employment. The facilitator was **excellent, very captivating.***

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Leading Diverse Organisations and Teams

The role of leaders in setting values, based on self reflection and self awareness. Drawing on theoretical frameworks around Emotional Intelligence, Appreciative Inquiry and Dialogue (David Bohm) and managing complexity. Led by Hári Sewell & Dr Karen Linde.

2 days | 12 - 15 people

Taking Account of Ethnicity, Race and Culture in Mental Health Act Assessments

Exploring the impact that practitioner and service user race-based perspectives have on assessments and therapeutic relationships. A focus on how there is often more social utility of these concepts (race & diagnosis). Exploration of narrative approaches and explanatory models and the centrality of relationships. Pivots on a powerful case study with significant group work.

1 day | 12 - 20 people

Critical Psychiatry

This course critiques some of the key components of psychiatry, whilst acknowledging the contributions of psychiatry and mental health services to people's wellbeing. The course considers critical evidence in relation to: diagnosis, psychopharmacology, psychiatric research and family based genetic studies.

1 day | 12 - 20 people

Personalisation, Mental Health and Equalities

Identifying the manifestations of inequalities in relation to the protected characteristics under the Equality Act 2010 and how to tackle inequality through personalised responses. A powerful case study shapes discussion about multiple aspects of identity, whether the health and social care provider network is able to meet diverse needs and the use of personal budgets.

1 day | 12 - 20 people

“

Got beyond the rhetoric of equality and diversity concepts and made us think afresh.

Very knowledgeable and engaging speaker.

”

Success YOU Own

Motivational workshop to energise participants to achieve self-defined goals using examples throughout Hári's career and life. How to maintain personal values whilst working in a wider organisation with performance targets that may be corporately driven. Identifying measures of success in work and personal life that are meaningful to you.

Half day | 12 - 15 people

Unconscious bias in recruitment / Unconscious bias in organisations

Understanding the psychological processes that lead to unconscious biases. An exploration of the hidden nature of unconscious bias and supporting delegates towards an emphatic grasp of the need for safeguards in organisational policy. A dynamic and participatory course.

Half Day | Max. 30 people

Unconscious bias in health and social care practice

As above, with focused work using a practice-based case study to help delegates experience unconscious biases as they often emerge in practice.

1 day | 12 - 15 people

Cultural Formulations

Providing techniques for incorporating the influences of culture in understandings of mental health problems and recovery. Cultural formulations draw from an anthropological approach and facilitates practitioner others. Against this background, delegates are trained in using cultural formulations, i.e. evidence based frameworks for incorporating culture into clinical assessments in mental health.

Half day | Max. 30 people

“

*Enabled you to have a
fresh perspective on the
whole area of cultural
difference in an **engaging
and interactive** way,
non threatening
but **powerful.***

- Bradford District Care NHS Trust.

”

Positively Managing Tensions in Multi-ethnic Teams

Equips team-managers and leaders to create contexts where differences and tensions are explored safely. Whilst acknowledging a lack of absolutes at times the workshop provides frameworks for using conversations about differences and tensions in a transformative way.

Half day | 10 - 12 people

Young Black Men and Mental Health

A specific focus on the evidence base around how inequalities affect this social group and how asset-based approaches with individuals and communities can change the nature of the relationships between them and services.

1 day | Max. 30 people

Feel free to ask about other courses or to create your own bespoke sessions.

Costs

Fees are by negotiation. As a guide a full day is around £750 plus expenses plus VAT. A half day is £400 plus expenses plus VAT.



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