

# Dual Diagnosis 2 Day Online

**Trainer:** Phil Harris  
**Online Format:** Zoom  
**Date:**

**Trainer's background:** Phil Harris has worked in the drug misuse field for over 25 years as a practitioner, trainer and manager. He has extensive experience across the field having worked in frontline drug and alcohol services, street homeless day centres and mental health services. He has managed a wide range of teams including family services, young people, dual diagnosis & personality disorders and substance misuse. He is a visiting lecturer at Bristol University Social Policy Unit, and was advisor to the US BICEP programme. He was also an advisor for the World Health Organisation in the Balkans region. He has written over 20 scholarly articles on effective practice and has published five books on substance misuse, treatment effectiveness, family and young people with complex needs. Currently he is also the Lead on Psychological Therapies for a large mental health service managing complex cases, personality disorder, dual diagnosis and suicide prevention teams. Visit [www.philharris.online](http://www.philharris.online) for more information.

**About the Course:** Practitioners can often feel very overwhelmed when faced with clients who present with complex and multiple needs. This course offers participants to understand the key concepts in dual diagnosis. It begins by offering a clear insight into the differences and overlap between substance misuse and mental health problems. This explains why dual diagnosis rapidly becomes bigger than the sum of its parts. The course then demonstrates different sub-types of dual diagnosis clients who present with different challenges to services whether it is primary mental health, personality disorder or substance misuse led.

The programme then goes on to map critical phases of change in dual diagnosis and offers practitioners practical skills in managing each phase. This includes building relationships and sustaining strong alliances, tipping point points of change and treatment interventions. The course offers practitioners key psycho-social skills in abating common mental health symptoms to allow client to focus on recovery process.

**Who is This Course For?:** The programme is suitable for anyone working with complex needs including housing teams, substance misuse teams, criminal justice team and wider services.

**Method of Delivery:** The training course is highly interactive, even during presentations. It uses a wide variety of learning approaches including presentations, pairs and small group work exercises, video and online interactive learning. The course is also supported with free e-learning and further resources to re-cap, review and refresh learning.

## Course Aims & Objectives:

The aim of the course is to increase confidence and ability to work with dually diagnosed clients.

By the end of the course participants will have had opportunities to:

- Explain how substance misuse and mental health interact
- Describe the needs of different sub-populations of dual diagnosis clients
- Work within the recommended NHS framework to support dual diagnosis clients
- Practice key skills in symptom management for mental health problems

## Agenda Day 1

Time	Programme	Activity
9.30	<b>Introduction &amp; Climate Setting</b>	
10.00	<b>Prevalence:</b> Overview of research findings Mental Health & Substance Use Interactions Sub-populations of dual diagnosis	Small & Large group discussion
10.30	<b>Break</b>	
10.40	<b>Axis I Disorders</b> Baseline of major mental illnesses Major disorders and drug involvement	Small groups
11.30	<b>Break</b>	
	<b>Axis II Disorders</b> Mental Illness vs Personality Disorder Major Personality Disorders	Presentation Small groups
12.30	<b>Lunch</b>	
1.00	<b>Substance Misuse &amp; Mental Health</b> Substance induced mental health issues	Presentation Small groups
2.00	<b>Break</b>	
2.10.	<b>Diagnosis</b> Categorical vs dimension diagnosis Tree diagnosis	Presentation Small Groups
3.45	<b>Close</b>	

## Agenda Day 2

<b>Time</b>	<b>Programme</b>	<b>Activity</b>
<b>9.30</b>	<b>Recap</b>	
<b>10.00</b>	<b>Change</b> Osher and Kofeod Stage Model Functions of treatment	Small & Large group discussion
<b>10.30</b>	<b>Break</b>	
<b>10.40</b>	<b>Engagement</b> Treatment outcomes Alliance Factors Maximising outcomes & staying well	Small groups
<b>11.30</b>	<b>Break</b>	
	<b>Persuasion</b> Immunity to Change The X-Ray	Pairs
<b>12.30</b>	<b>Lunch</b>	
<b>1.00</b>	<b>Treatment Interventions: Impulse Disorders</b> Pre-lived Futures Impulse control Premeditated memory	Presentation Small groups
<b>2.00</b>	<b>Break</b>	
<b>2.10.</b>	<b>Treatment Interventions: Negative Moods</b> Anxiety Trauma Depression	Presentation Small Groups
<b>3.45</b>	<b>Close and Evaluations.</b>	