

Workshop Programme and Costings

Working in association with SCT Therapy, Unisus Skills offer the following wellbeing and wellness workshops:

Workshop Title	Aimed at	Level and aim	Cost and detail
Secondary Trauma & Stress Management Course Code: Level 1 = UNSCT001 Level 2 = UNSCT002 Level 3 = UNSCT003	Healthcare providers and any workers at most risk of the effects of secondary trauma and primary trauma, or anyone who has a loved one that has PTSD	Level 1 = Basic workshop Gaining an understanding of Secondary Trauma (indirect trauma), being able to identify symptoms in self and others and developing coping strategies and awareness of causes (and effects) to increase resilience and decrease vulnerability	£75 per person Half day workshop
		Level 2 = Enhanced workshop <ul style="list-style-type: none"> As covered in Level 1 Incorporating primary trauma awareness along with practicing self-relaxation techniques Practical intervention, including opportunity to process trauma, demonstrations and resources 	£130 per person Full day workshop (NB: lunch not provided)
		Level 3 = Advanced Learning <ul style="list-style-type: none"> As covered in Level 1 & 2 Incorporating individual processing sessions and empowering the participant to help self and others with resistance and resilience to reduce risk of burnout 	£260 per person 2 x Full day workshop (NB: lunch not provided)
Workplace Stress Management Course Code: UNSCT004	Managers and employees who have busy jobs that create stress. This workshop can be specifically adapted	The aim is to reduce the risk of, or better manage, mental ill health, reduce sick absence and help the participant to: <ul style="list-style-type: none"> gain an understanding of what is and what causes stress, and how it affects the brain, mind and body 	£130 per person Full day workshop (NB: lunch not provided)

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Wellness and Wellbeing Workshops –

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	to meet the needs of front-line staff.	<ul style="list-style-type: none"> • learn the 3 r's – recovery, resistance, and resilience (aka restore, recharge, reenergise) to improve focus, concentration, potential, achievement and improve job satisfaction and work/life balance • practice self-relaxation techniques, with demonstrations 	
Sleep Management Course Code: UNSCT005	Anyone who suffers from poor sleep hygiene and because of this, or perhaps due to, suffers from low mood, depression, anxiety etc.	<p>Sleep hygiene is the practices and habits necessary to have a good night-time sleep quality and full daytime alertness. The workshop aims to support participants in understanding:</p> <ul style="list-style-type: none"> • The stages of sleep, key sleep patterns, effects of sleep deprivation (beyond tiredness and poor performance), and what is circadian rhythm and sleep debt • The links between mental and physical health and immunity and how to set up an environment to support good sleep, i.e., the quality and duration • Develop strategies to prepare for and enjoy quality, restorative and healing sleep 	£75 per person Half day workshop
Smoking Cessation Course Code: UNSCT006	Anyone who wants to or need to quit smoking (including vaping).	<p>Addiction to smoking is more around the mental dependence, i.e., the want for cigarettes and how this makes the smoker feel, than the physical dependence, i.e., the bodies dependence on the nicotine. The workshop aim is to provide the participant with the tools required to quit by providing:</p> <ul style="list-style-type: none"> • Facts about smoking and psychoeducation about habits/addictions • Benefits of stopping smoking • An intervention (and home) programme to quit permanently. 	£130 per person Full day workshop (NB: lunch not provided)

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All workshops are delivered by a wellbeing practitioner and a counsellor (both trained trainers). We believe professional support throughout is vital, as the topics can be emotive. Workshops will not exceed 12 participants, ensuring maximum support.

Workshops can be delivered at relaxing training centre in Wallsend, free of room charge, or at your workplace.

Booking forms are available on the websites or contact Julie (Wellbeing Manager at Unisus) at: julie.mcaulay@unisus.org.uk or call 0191 8150340 or 07976723875 for further information.

Thank you – we look forward to working with you.

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