

Do you know the PDU's e-learning suite?

14 interactive e-learning modules developed in collaboration with clinical psychologists, staff members from Framework and Opportunity Nottingham and inputs from people with lived experience of multiple disadvantage. Our e-learning is suited to professionals and volunteers - from the voluntary and statutory sectors - who support people facing multiple disadvantage, and offers insights and advice on how best to support yourself, your colleagues and your service users.

MULTIPLE DISADVANTAGE

1 module exploring an introduction to multiple disadvantage, including:

- What it is and what it feels to face it
- Underlying causes
- Why system change is important

ACT ON WELLBEING

4 modules exploring the use of Acceptance and Commitment Therapy (ACT) for improving your own wellbeing.

PSYCHOLOGICALLY INFORMED ENVIRONMENTS

5 modules exploring the PIE model, including:

- The importance of psychological awareness and relationships
- Active listening and validation
- Learning, enquiry and reflective practice
- Rules, roles and responsiveness
- Spaces of opportunity

TRAUMA INFORMED CARE

4 modules exploring trauma informed practice, including:

- The principles of TIC
- Adverse Childhood Experiences (ACEs)
- The impact of trauma on body and brain
- Vicarious trauma and how to maintain staff wellbeing
- The intersections between brain injury and multiple disadvantage



Sign up to our online hub to start learning
www.pdunottingham.org



Or get in touch to find out more
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