




<p><b><i>Introduction to Mindfulness</i></b></p>	<p>16<sup>th</sup> of March 2pm-5pm</p>	<p>Coolmine Lodge</p>	<p>Tony Shortt</p>	<p><b>16 places</b></p>	<p><a href="mailto:tony@coolminetc.ie">tony@coolminetc.ie</a> Mindfulness teaches us to direct our attention to what is happening right here, right now. Although we are often unaware of the current of our thinking, it has a profound effect on how we live our lives, as well on our mental and emotional health</p>
<p><b><i>TC Training</i></b></p>	<p>22<sup>nd</sup> 23<sup>rd</sup> &amp; 24<sup>th</sup> of March 9am – 5pm</p>	<p>Coolmine House</p>	<p>Tony Shortt</p>	<p><b>10 places</b></p>	<p><a href="mailto:tony@coolminetc.ie">tony@coolminetc.ie</a> Community as Method model An understanding of T.C concepts and practice applied within the Community as Method Model and core competencies for T.C practitioners</p>
<p><b><i>Fire Warden Training</i></b></p>	<p>6<sup>th</sup> of April 9am – 1pm</p>	<p>Coolmine Lodge</p>		<p><b>16 staff</b></p>	<p><a href="mailto:niamhmcguinness@coolminetc.ie">niamhmcguinness@coolminetc.ie</a> The Fire Warden course is designed to cover all the essential duties of a fire warden from drills to the development of emergency plans. The responsibility of the Fire Warden is to implement a plan of action in the occurrence of a blaze, and to also monitor and maintain safe standards within the premises</p>
<p><b><i>Community Re-enforcement</i></b></p>	<p>20<sup>th</sup> &amp; 21<sup>st</sup> of April 9am – 5pm</p>	<p>Coolmine Lodge</p>	<p>David Madden</p>	<p><b>12 staff</b></p>	<p><a href="mailto:david@coolminetc.ie">david@coolminetc.ie</a> CRA is a comprehensive behavioural program for treating substance-abuse problems. This training will support you to</p>

<p><b>Approach (CRA)</b></p> <p><b>Vicarious Traumatization and Maintaining Staff Wellbeing while working with Trauma – Dublin Rape Crisis Centre</b></p>	<p>4<sup>th</sup> of May 9am – 5pm</p>	<p>Coolmine Lodge</p>		<p><b>16 staff</b></p>	<p>become more knowledgeable of, and efficient with, the practice of the Community Reinforcement Approach.</p> <p><a href="mailto:niamhmcguinness@coolminetc.ie">niamhmcguinness@coolminetc.ie</a> Training on preventing, recognizing and dealing with the impact of working with people who have experienced violence, abuse and trauma</p>
<p><b>Group Facilitation Training</b></p>	<p>25<sup>th</sup> &amp; 26<sup>th</sup> of May (TBC)</p>	<p>Coolmine Lodge</p>		<p><b>Core programme facilitators will be prioritised</b></p>	<p><b>Contact your Line Manager!!!!!!</b> Training in the skills, theory and practice of group facilitation</p>
<p><b>Domestic Violence Awareness</b></p>	<p>16<sup>th</sup> of June 9am – 1pm</p>	<p>Ashleigh House</p>	<p>David Madden</p>	<p><b>16 staff</b></p>	<p><a href="mailto:david@coolminetc.ie">david@coolminetc.ie</a> This training aims to raise awareness of the reasons behind, and impact of, domestic violence and abuse (DVA) on both the adult victim and the victim’s family</p>