

About KUF training:

The Knowledge and Understanding Framework (KUF) is a national 3-day multi agency training program that aims to equip participants with the confidence and skills to work effectively with service users who have a diagnosis of personality disorder or complex mental health needs. KUF is co-produced and co delivered by LYPFT experts by occupation and experts by lived experienced facilitators. Participants will explore national and international information from the field of personality disorder/difficulties, as well as psychological theories, the benefits of relational, trauma informed working and reflective practice, and learn of lived experienced perspectives of surviving trauma, coping mechanisms, and accessing services.

We are a trauma informed service and are mindful of colleagues with lived experience of personal trauma. Our facilitators are here to provide a safe learning experience however please consider the below training content to emotionally prepare for the facilitation days.

Day 1

Stigma- Biopsychosocial model and environmental factors- Attachment - The impact of the past on the present - Power Threat Meaning Framework - Trauma - Adverse childhood experiences

Day 2

Internal working models/Schema
Self harm
Formulation
Reflective Practice

Day 3

Emotional containment
Working in teams, splitting/acting out/boundaries
Self-care
Embedding learning into practice

KUF training is currently delivered online with some limited face to face spaces throughout 2023/2024. Participants will have access to online modules to study prior and in between sessions. Participants are required to complete all 3 days between the hours of 9am - 5pm.

Bookings

Spaces are very limited so please complete the attached booking form at your earliest convenience and return to kuftraining.lypft@nhs.net who can also be contacted with any queries.