



Adult

Thames Valley Initiative

Tvi and STARS working  
together to create enabling  
environments

## What is the Tvi and STARS?

Thames Valley Initiative (Tvi) is a nationally recognised training and strategic development service hosted by Oxford Health NHS Foundation Trust.

We provide training models designed to be delivered to large organisations at minimal cost, with a broad range of training opportunities. We work in collaboration with ex-service users from STARS (Support, Training and Recovery Systems), who have a lived experience of personality disorder, to deliver training that is highly effective in promoting cultural change.

“I can now better understand what is behind some of the challenging behaviour we have to deal with”

## Tvi and STARS training

Would your team benefit from a better understanding of personality disorder (PD), training or support in dealing with difficult clients, or information about the work done in the treatment services?

We work with you to design specific training packages tailored to your organisation's needs. We can incorporate this into training of one hour to several days, at a venue of your choice.

We provide workshops, seminars and groups on issues such as managing self harm, responding effectively to challenging behaviours, and developing service user networks.

We design training packages within established training and professional development programmes. We work with a wide variety of staff including: nurses, GPs, psychologists, administrative staff, and staff members of the voluntary sector.

Our training enables staff teams to provide effective services, reduce their own stress, inspire creative collaboration and maximise positive impact on services.

Our training programmes use a variety of effective teaching methods including presentations, videos and skills workshops in collaboration with STARS.

“Fabulous course, endlessly fascinating. Really impressed”

## Support

Tvi and STARS provide support on a range of issues, for example:

- Advice on setting up service user groups in your organisation.
- Individual consultations for staff teams experiencing difficulties.
- Meetings with STARS for clients who may be anxious about using services.
- Focus groups for service development.
- Reflective space for work and team issues.

“I really appreciate the honesty and input from STARS”



“Flexible trainers – able to answer questions as they arose”

## Current training courses

Knowledge and understanding PD awareness training

This government funded training is provided in the South Central region. The training consists of three facilitated days with professionals and ex-service users, plus personal work using a virtual learning experience designed by the Open University.

## People: personality and pathology

This multidisciplinary, experimental course runs for ten months. It is a practice based course for those wishing to create enabling environments and make a difference in the workplace. You will gain experience of innovative and effective projects relevant to your particular field of practice, discover how to effectively use supervision and gain an understanding of group dynamics when working with people with PD or complex trauma.

## Dealing with challenging behaviour

This course is designed for administrative staff who may face difficult situations in the course of their daily work. It gives space to think about how reactions may influence the outcome of the encounter.

## Skills day – personality disorder

A day exploring practical ideas to promote good services for those diagnosable with PD. This training will provide participants with the opportunity to reflect on their work, understand and recognise PD in their clients and explore common problems and misconceptions when working with clients diagnosable with a personality disorder.

## Skills day – self harm

This training will provide participants with the opportunity to consider some of the reasons that a person might choose to hurt themselves, understand self harm in a non-psychotic client group, develop skills for more effective therapeutic relationships and explore common problems and misconceptions of working with people who self harm.

## Bespoke training

We design and deliver training modules for your organisation's specific needs. These workforce development models have included training entire teams to awareness level, supporting teams to develop enabling environments in hostels and discipline specific training to GPs and other specialist services. More information is available on application.

“Thank you for sharing the experiences from STARS. I have more understanding about PD now and I would like to know more.”

## Contact

For training details or service development please contact:

Sue Pauley, administration and training manager

Tel: 07815 902 049

Email: [sue@tva2i.net](mailto:sue@tva2i.net)

Fiona Blyth, training co-ordinator

Tel: 07717 875 624

Email: [fionablyth@gmail.com](mailto:fionablyth@gmail.com)

Sheena Money, service development co-ordinator

Tel: 07789 615 170

E-mail: [sheena.money@tva2i.net](mailto:sheena.money@tva2i.net)

Oxford Health NHS Foundation Trust  
Trust Headquarters  
Warneford Hospital  
Warneford Lane  
Headington  
Oxford OX3 7JX

Switchboard 01865 901 000

Email [enquiries@oxfordhealth.nhs.uk](mailto:enquiries@oxfordhealth.nhs.uk)

Website [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)