

# Association for Psychological Accreditation

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EMPATHY  
CONGRUENCE  
UNCONDITIONAL POSITIVE REGARD

#theapaway

Home of The International Psychological Standards & Accreditation Council

## APA's COMMUNITY LEARNING PLATFORM



## COMMUNITY LEARNING PLATFORM

APA's Community Learning Platform provides Psychologically based community learning and support in areas of:

- Children's Social Care
- Primary Education
- Justice Sectors
- Ex-Military Community
- Youth and Community Engagement
- Abuse in the Home
- Employability, Selection & Induction
- Social Policy Development

## WHY COMMUNITY LEARNING?

Psychological awareness and interest are, at an all-time high in the public consciousness. Yet the effective use of psychological knowledge is still relatively low, outside of crisis management systems.

APA's Community Learning Platform supports communities to create the environment where, greater psychological resilience's and stronger positive mental health, can develop and organically grow from the increased understanding and self-awareness delivered by our collections of Programmes, Seminars and Presentations.

## But APA is a Therapeutic based company?

APA is primarily focused on supporting the therapeutic sector. For decades this has been a firefighting mission. With little success, in raising the awareness and benefit of psychological resilience prior to a crisis or mental health challenge.

The programmes, seminars, events and support packages that are available from The Community Learning Platform, are all designed with multiple benefits:

- Create an environment of increased self-awareness
- Increasing positive mental wellbeing
- Provide enhanced comfortability to seek professional support
- Enhance the psychological recovery from trauma

This approach allows the therapeutic sector to start making positive impacts prior to a crisis. It allows positive mental health to be a forensic component of our lives, rather than something 'to be fixed'.

The Community Learning Platform offers the first systemic, person-centred approach to improving mental health by increasing psychological awareness for all, with all programmes delivered by APA Champions.





### Rampage Champions - Supporting the Social Care Sector

Rampage Champions are dedicated to supporting the Community Learning programmes for those connected to social care. This includes APA's Social Care Navigator Service.

### B.I.T.I.M.O. Champions - Supporting the Ex-Military & Blue Light Communities

B.I.T.I.M.O is the *only* transition programme designed by the psychological sector to bring together those that served and their person of significance.



### 1976ers Champions - Supporting those connected to Abuse in the Home

1976 was the year abuse in the home was outlawed in the UK. APA offers Several packages of support in this area and the 1976ers Champions are the advocates for this support.

### STEPS Champions - Supporting those connected to the Justice Sector

For anyone with experience of the justice sector. Psychological awareness is a major key to long-term success. APA's STEPS Champions promote and advocate the Steps to Success programme, specifically designed for the justice sector.



### CSR Champions - Supporting Businesses that value Psychological Awareness

Businesses have always struggled to develop effective connections with potential employees that have disadvantaged experiences in their lives. Our C.S.R. Champions are focused on supporting businesses to develop their operations in a way that puts positive mental health at their core, enhancing their reach and capacity to engage with the communities we support.





## KEYS FOR SUCCESS

Often to achieve a powerful inner change, many of us would need new tools and ways of approaching the challenges we face. However, the tools and approaches we have in relation to our mental health and well-being are frequently locked in and we feel trapped by those very tools and approaches.

Keys For Success is a Build You Own Masterclass, allowing business leaders to select up to 6 key elements from the list below, to create a 2 day masterclass for Success. Select up to 8 key elements from the list of 21 elements below, to create a 2 day Masterclass for Success:

**You can choose the elements that meet the needs of your Business, Charity, Group or Club**

**Choose 2 Elements from each Group to build a 2 Day Seminar**

Group 1	Group 2	Group 3
1. Moving Forward	8. Decision Making	15. My Story, My Future
2. It's time to play - be the game	9. Getting on TRACK	16. Needs, Wants & Desires
3. Train Hard - Work Smart - Win Easy	10. Great Interactions	17. When things go wrong
4. Reaction vs Response	11. Building a positive wall	18. Protecting My Attitude
5. Types of Personalities	12. Knowledge + Communication + Confidence = Passion	19. A New Outlook
6. Building Your Own Team	13. Who am I	20. Effective Planning
7. TUB Ratings	14. Safe Me	21. Excuses or Results

When these elements, are present in a person's psyche, and were expressed in their actions, they appear to the rest of the world, in a different light. Their psyche enables them to have a different outlook. Harnessing these elements, allows participants to benefit from their own increased self-awareness.

All 2 day programmes are designed specifically for their audiences.



## OUR PROGRAMMES

### **Storytelling with The Mouse**

Available to 8 - 10 Years old either in Primary School or Youth groups.

### **The Rampage Collection**

Designed for 3 specifically targeted groups connected to the Social Care Sector.

- 11-14year olds, Their Carers and Their Professional Key Worker
- 16-19year olds.
- Professionals working with young people connected to the Social Care and Justice sectors.

### **On Your Marks & Ready, Set, Go!**

Supporting Young people 17+ years old that are transitioning from the Care Sector.

### **Collaborative Parental Support**

Supporting improved responsiveness & communication to maintain child well-being.

### **Step to Success**

Focuses on the successful transition from the Justice Sector to independent living.

### **Pain to Purpose**

A collaboration programme designed for those with experience of Abuse in the home and those that work with them.

### **Working Alone, Working Safe, Working Wise**

Supporting all those that work alone, or in 1-2-1 environments.

**The 1976ers Project** A collaboration programme for employers to enhance the support for those with experience of Abuse in the home.

### **The VC Model**

Supporting effective and long-term development of Responses over Reactions.

### **Elevated Service Programme (Hospitality)**

A collaboration programme focused on Hospitality: 18- 25year olds with experience of living in the Care Sector.

### **B.I.T.I.M.O. Transition LIVE**

Designed to support the Ex-Military Community and those in transition from Military Service to Civvy Street.

### **The 3 R's Programme - Restore, Recover, Revive**

This community engagement programme designed to Increase Trust, Improve Understanding and Develop an attitude of collaborative success.

### **Selection, Induction & Retention**

Supporting Business to enhance the full on-boarding and retention process, in a way that not only improves long term mental health in the workplace but also increases their Community & Social Responsibility commitment and reduces their operational pressures.

### **Motivational Enhancement Technique**

Supporting Human Resources Managers to maximise Effective Communication.

### **Transition in Sport**

Dedicated to Whole Person Performance and Positive Mental Health in Sport.

### **Whistleblowers Support Package**

Supporting those engaged in a whistleblowing environment.



## ON GOING SUPPORT

APA is acutely mindful of the psychological impacts on professionals and practitioners working in any crisis management arena. Maximising the practical support of staff is a vital component in any organisation's sustainability and effectiveness of service delivery.

Ensuring the psychological wellbeing of both experiencers and professionals is the best form of service quality protection available. Listed below are some of the Ongoing Support features available from APA.

### Clinical Supervision

From an APA Qualified Accredited Member. Qualified as a Supervisor. We consider Supervision as a vital support system for all professionals working in the field of trauma. Providing a choice of qualified supervisors on hand to support all professionals, designed this way to ensure ethical boundaries and safety are maintained for clients and professionals alike.

### The Creative Hive

A Business Development support service for anyone that has completed a program from APA's Community Learning Platform and has a creative enterprise idea. Our team assists in the development of a Business Canvas, an initial Marketing Plan.

### Pastoral Care

We understand, that for many of the people we support, there can be a myriad of challenges. In order for the maximum support to be given The Hive has developed effective working partnerships with Neurodiversity experts in Scotland and in England. Along with our own pastoral care consultants.

### Sounding Board Coaching

Sounding Board Coaching is a Service that was designed and developed by David Sleet in 2006 to allow clients to have sessions of highly targeted coaching. This approach allows clients the freedom to focus on specific support needs without the need for prolonged or dedicated repeat sessions.

### Social Care Navigator

Guidance, advice and mentoring in relation to all things connected to Social Care.



## THE PROGRAMME DETAILS

### THE RAMPAGE COLLECTION



The Rampage Collection are the only programmes designed to bring Young People, their Carers and their Social Care Professional together in the same learning environment.

It is also the only set of programmes, specifically focused on the 'psychological lockdown' phases of the human brain.

The Rampage Collection offers the widest ranging, series of programmes that deliver genuine, core skills development that have been shown to have long term benefits for those that assimilate the concepts into their daily routines.

Designed for 3 specifically targeted groups connected to the Social Care Sector.

- 11-14year olds, Their Carers and Their Professional Key Worker
- 16-19year olds with a Higher Dependency, Social Care Professionals, Educators and Carers.
- Professionals working with young people connected to the Social Care and Justice sectors.

### PROGRAMME BREAKDOWN

This is an 8-session package that covers the core skills: (1 Session per week, 4 hours per session. 32 hours total)

- Great Interactions
- Reaction vs Response.
- Effective Planning
- Building Your Own Team
- When Things Go Wrong
- Knowledge + Communication + Confidence = Passion
- Safe Me
- A New Outlook

## ON YOUR MARKS & READY, SET, GO!



These programmes are designed to support any young person that has experienced an institutionalised environment, including the 35% of Care Leavers across the UK that do not find a route into Education, Employment or Training (NEET's). By allowing the development of Core Skills Young people can increase their engagement with the amazing opportunities that exist already.

With the support of The APA Community Learning Platform and the approach taken in the delivery of these programmes, participants can discover their potential and start to excel.

This 2-part programme is designed to be delivered during the final year of a placement in whatever institutionalised environment a young person might be. A social Care Setting, a justice setting, a residential education setting, a sport focused arena (eg. An Elite Sports Academy)

It is in the duty of care for all institutionalised health, care, and education providers to protect the well-being of those they serve. Increasing not only the young person's skills for independent living and employability, but also their life-long coping and resilience skills is the best delivery of that duty of care.

By delivering this programme in the way we do, young people can commit to and work positively towards their future, with a supported focus and reduce the risks of long-term dependency on the social care systems.

It is hoped that this programs will become part of the Transition Plan for every young person connected to institutionalised environments, with Local authorities including it as evidence of capability, prior to issuing Local Authority Tenancies.

**PART 1: ON YOUR MARKS** This is an 8-session package that covers the core skills: (1 Session per week, 4 hours per session. 32 hours total)

- Great Interactions
- Reaction vs Response.
- Effective Planning
- Building Your Own Team
- When Things Go Wrong
- Knowledge + Communication + Confidence = Passion
- Safe Me
- A New Outlook



## PART 2: **READY, SET, GO!**

This part of the programme is a Task book system of evidence-based development. With 2 sessions a month for 10 months. (Session duration is 4 hours, 80 hours total.)

Each month will have a set series of tasks that support the participants towards increased independent living, Social engagement, and improved employability.

Session Topics for this part of the programme will include:

- TUB Ratings
- Decision Making
- Getting on TRACK
- Building a positive wall
- Who am I?
- My Story, My Future

NB: This program does not currently include awareness components around, Nutrition, Physical Health, Cooking Skills or Fitness. The APA Community Learning Platform does however, currently work with other sector teams to link these components when deemed appropriate. This allows a Service Provider the full scope of support and we can, therefore, offer a fully bespoke package.



## COLLABORATIVE PARENTAL SUPPORT

Allowing a Parent or Statutory Agency to focus their efforts on these foundations will positively enhance the effectiveness and sustainability of a family experiencing engagement with statutory agencies.

APA's Parental Support Package is designed as a triad of support.

**Part 1:** Psychological Support and Focus

**Part 2:** Independent Review of Information to be used in a Family Court Bundle

**Part 3:** Preparation of a Parental Structured and Sustainable Plan Proposal

This package is supported specifically by additional 'Plug in' options from APA's Community Learning Platform.

- Storytelling Workshops
- The Rampage Collection
- Keys for Success
- APA's Pre-Intervention Framework
- The VC Method and additional Coping Responses

As well as access to On going Support from APA's collection of Qualified Accredited Therapeutic Professionals and appropriate Collaboration Partners.

The overall value of this package is held in the collective knowledge, understanding and experience that parents and professionals gain from positive engagement and effective communication that lasts for a lifetime.



# APA Collaborative Parental Support Package

## Part 1: Psychological Support and Focus

6 hours of dedicated Coaching support. (4x 90minute sessions)

Supporting a Parent or Guardian to

- Elevate the engagement with statutory agencies.
- Provide a constructive framework for future engagement.
- Increase the confidence and understanding of the process.
- Create a focus on positive communication.

**NOTE:** Where Therapeutic engagement is required by a Court Direction, APA recommends use of an APA Qualified Accredited Professional of the Parents Choice. Where such directions are made, it would not be ethical to undertake this package, until the Therapeutic work has been completed.

## Part 2: Independent Review of Information to be used in a Family Court Bundle

A review of documentation that will inevitably constitute a Court Bundle (known as 'The Paperwork'). As this package is designed as an early intervention, The review will build the level foundations for proceeding, with parties having knowledge and agreement of the information included in the documentation to be used moving forward. The review, therefore, highlights concerns and risks relating to:

- Inconsistencies
- Contradictions
- Misrepresentations
- Code of Conduct or Ethical Concerns

This review is designed to support a parent in producing a balanced and effective response to the information contained in the 'Paperwork'. This package does not produce the response on behalf of a parent. Nor does this seek to remove information that parties seek to present.



### Part 3: Guidance of a Parental Structured and Sustainable Plan Proposal

A parental proposal for structured and sustainable action plan for a child, supports a parent to formulate a balanced care plan proposal, this is a key part of the record that reflects the desire of a parent to seek a solution that protects the best interests of a child. By offering the Statutory Agency a Parental Structured and Sustainable Plan Proposal, it allows for increased dialogue between parties that supports the development of an effective Care Plan that all parties can agree on.

This allows the parent to offer a meaningful contribution to proceedings that focus on:

- Overview of child's current status
- Outline of Parental Concerns
- Immediate Factors
- Long-term Elements
  - Health
  - Education
  - Social Integration
  - Reactionary Traits

Action Plan - 6 months | 12 months | 24 months

### Value of The Collaborative Parental Support Package

APA's Parental Support Package can be used by a Parent directly, a Statutory Agency that wishes to ensure the protection of due diligence, or by External Support Advocates acting on behalf of a parent.

Through APA's network of Collaboration Partners and APA's Directory of Qualified Accredited Professionals APA is able to sign post external services and support platforms, that can add value to a family connected to Family Court proceedings.

The value of APA's Parental Support Package is composed of the benefit to the Children, Families, Professionals, Statutory Agencies and External Support Advocates.

#### Children:

The value to children is that they are maintained as the primary point of focus. By providing the oversight review of 'The Paperwork', Children are better protected from an unbalanced view being used as a singular presentation to the court.



## **Families:**

The value to families is that the Child's immediate and long term physical, emotional, social & psychological well-being is the primary concern. This mitigates any parental discord and conflict. In reducing this factor, families can expedite the healing process and build towards an effective and safe relationship for all parties.

## **Professionals:**

The complexity and emotional engagement that is involved in working with Family Court processes, will be a conduit to poor Mental Health, leading to poor Physical Health and ultimately weaken the Professional's capacity to engage in the way they wish to. By allowing for an early intervention with the support of APA's Collaborative Parental Support Package, Professionals can reduce their risk of burn out and increase their positive engagement with the parents they are working with.

## **Statutory Agencies:**

The value of APA's Collaborative Parental Support Package for Statutory Agencies is in the enhancement of positive parental engagement and the creation of balanced and sustainable responses that encourage positive relationships to be built and maintained without prolonged statutory involvement.

## **External Support Advocates:**

This group includes legal representatives, Peer Support Platforms, Parental Advocacy Groups and Wider Family Support Networks.

Traditionally, support of this kind has always been targeted to situations, following State Intervention or Civil Legal Action. This has been proven to be damaging to children and families, both in the short and long term development of healthy relationships.

APA's Collaborative Parental Support Package is a tool that allows Children, Parents and their families to build positive engagement and empowers quicker resolution that can only showcase the efficiency and effectiveness of the External Support Advocate to deliver their service.

For more details contact [support@apa-accreditation.co.uk](mailto:support@apa-accreditation.co.uk)

## STEP TO SUCCESS



This is a Flexible transition programme, designed to support effective transition from being connected to the Justice Sector to independent living, with multiple delivery options.

- Option 1: Bespoke Seminar delivery.
- Option 2: Targeted Workshops.
- Option 3: Targeted Core Skills Package.
- Option 4: Full Group Programme.

All delivery options have 4 points of intervention.

- |                             |                  |
|-----------------------------|------------------|
| I. Pre-Sentencing           | III. Pre-Release |
| II. Introduction to Custody | IV. Post-Release |

### AIMS

It is hoped that successful completion of the programs will become part of the Transition Plan for every justice leaver, with Local authorities including it as evidence of capability, prior to issuing Local Authority Tenancies. The approach taken to support those connected to the justice sector, is a development from the educational base, currently in use by the UK Justice Sector.

Steps to Success has been developed from generations of psychological knowledge and positive human development. By using this knowledge, the programme empowers participants to develop their own choices and engage in positive actions for their future. Thus, diverting people from the negative influences and environments that often create the cycle of manipulation, reaction and desperation that form the core triad of reoffending.

For more details contact [support@apa-accreditation.co.uk](mailto:support@apa-accreditation.co.uk)

This programme is designed to as a 9 month programme

Each Phase being 3 months

Phase 1	Phase 2	Phase 3
1. Moving Forward	8. Decision Making	15. My Story, My Future
2. It's time to play - be the game	9. Getting on TRACK	16. Needs, Wants & Desires
3. Train Hard - Work Smart - Win Easy	10. Great Interactions	17. When things go wrong
4. Reaction vs Response	11. Building a positive wall	18. Protecting My Attitude
5. Types of Personalities	12. Knowledge + Communication + Confidence = Passion	19. A New Outlook
6. Building Your Own Team	13. Who am I	20. Effective Planning
7. TUB Ratings	14. Safe Me	21. Excuses or Results

When these elements, are present in a person's psyche, and were expressed in their actions, they appear to the rest of the world, in a different light. Their psyche enables them to have a different outlook. Harnessing these elements, allows participants to benefit from their own increased self-awareness.

## OUTCOMES

The ultimate outcome from participation in the Steps to Success Programme is that individuals gain the core soft skills, knowledge, awareness, confidence, and outlook, that empower them to make positive life choices, build positive connections and develop effective networks for breaking the chains to their own past.

## AN INSIGHT TO TRAUMA INFORMED RESPONSES



With increased focus on trauma awareness and the impact trauma can have on anyone, at any time. APA is best placed to deliver a full range of options that support long term positive outcomes across many therapeutic and psychological arenas.

With multiple programmes, packages, seminars, CPD videos, workshops and supervision, as well as being, the only UK based accreditation service to link Qualification & Experience with, a professionals Self-Awareness, Congruence & Client Interaction, APA offers the very best support available. Support that enhances individuals, both professionals and experiencers, from a core level.

### OVERVIEW

APA is currently offering the Pain to Purpose package as a standalone introduction to new ways of responding to trauma. This package is designed to support both experiencers and the professionals / practitioners that support the experiencers.

### OUTCOMES

Experiencers and the professionals / practitioners that support the experiencers will gain an immense level of both personal and professional empowerment from the Pain to Purpose package. While the 2 groups will ultimately be developing appropriate understandings, the package allows professionals / practitioners to enhance and elevate the effectiveness of their interactions, that then maximises the support of the experiencers as their level of empowerment increases.

### BENEFITS

Enhances effective interactions

Improves Self-awareness

Creates an environment of unconditional positive regard

Increases positive engagement

Reduces the cycle of negative dependency.



## PACKAGE BREAKDOWN:

### **Session 1:** Practitioners Only Title: The VC Model.

Description: Practical understanding of the next generation in Cognitive Behavioural Therapy (CBT).

Duration: 2 hours. Format: Interactive.

### **Session 2:** Practitioners Only Title: The VC Model in Practice.

Description: Practical use of the VC Model.

Duration: 2 hours. Format: Interactive. Participants explore practical application of the VC Model.

### **Session 3:** Experiencers and Selected Practitioners Only Title: Pain to Purpose.

Description: Hear the experience and see the journey from past pain to future success. #

Duration: 2 hours. Format: Narrative workshop.

### **Session 4:** Experiencers and Selected Practitioners Only Title: My Launch Pad.

Description: Start the planning process for your own success.

Duration: 2 hours. Format: Interactive.



# THE 1976ERS PROGRAMME

## EXPERIENCERS OF ABUSE IN THE HOME

Coercive Controls

Emotional Manipulation

Financial Controls

Psychological Abuse

Physical Assaults

Sexual Abuse

Kidnapping

Imprisonment

Rape

Murder

Trafficking



1976: Was the year in which domestic violence was acknowledged in UK law.

1976ers refers to anyone (male or female, of any age) that is experiencing Abuse in the Home (AITH) and seeking to escape from the situation. With many legal and functional adaptations and developments coming into existence over the ensuing 4 decades, most of the developments have been the result of 'Survivors' tirelessly fighting to improve the systemic processes for those that experience, these life changing environments.

APA has seen how, in the past all changes have been focused on elements of the situation, changing a piece here, reframing an operational interaction there, never giving a systemic support, that works collectively. It has been shown repeatedly, that when all the elements in a person's life are working together, the environment for long term survival, is created and people can break the cycle of abuse.

Areas of primary concern this programme addresses:

- Loss of employment due to low levels of Abuse In The Home awareness in the workplace.
- Disjointed and ineffective support and learning to transition from abusive environments.
- A low level of professional learning for most therapeutic professionals in training.



## THE AIMS

- Support employers to provide better responses to those experiencing Abuse In The Home.
- Provide effective transition programmes for those going through external support service provision.
- Provide Elevated Psychological Learning for any professional that works with 1976ers.

The 1976ers programme is delivered by Qualified Accredited Members of APA. The programme brings together and collaborates with the best advocates for effective working and elevated practice.

## OUTCOMES

- More 1976ers being able to remain in employment.
- An increase in Employer awareness of how 1976ers can impact on the workplace.
- Improved Workplace responses to disclosures of Abuse in the home.
- Greater protection of those experiencing abuse in the home.
- Improved networking and support for those affected.

## THE DESIRED, LONG-TERM OUTCOMES

- A dedicated 1976ers 1st responder in the workplace.
- Dedicated awareness training for all in pastoral care, duty of care roles, HR management.
- Systemic delivery of effective transition learning for all 1976ers.
- Consistent and effective increase in awareness for everyone in psychologically based training, (Therapists, Counsellors, Coaches)
- The removal of the labelling 'Domestic Abuse Survivor' with the replacement of the term '1976er'



# ELEVATED SERVICE PROGRAMME

## OVERVIEW

Elevated Service Programme (Hospitality), (EHP) offers a uniquely comprehensive system of hospitality focused training, linked to increasing core skills and psychological awareness.



The Elevated Service Programme is a collaboration psychological understandings, that blends Principles of The Pellin Institute and The APA Community Learning Platform. The EHP gives targeted support to young people connected to the social care sector, this can be 'Fostered Children', as well as the Children of Foster Parents. (These 2 groups will be collectively treated as 'Connected Young People')

The 4 level, multi-site Programme provides young people with the best global introduction to the hospitality industry. Raising the bar, in both ethical and operational delivery of service, while never losing sight of the guest experience, and the importance of effective interactions in the service environment.

'To serve without being subservient'

## WHO IS THIS FOR?

This programme is designed to be delivered in partnership with hospitality providers and Children's Social Care Teams. Thus, allowing the maximum benefit of support, training and experience to be combined for the positive benefit of both employer and young person.

That said, Levels One and Two can be delivered as a stand-alone employability package for social care providers, training partners and education & employability providers.

## OUTCOMES

- Positive employability
- Successful transition from state care to independence
- Long-term pathway to career success
- Reduced State dependency
- Personal accomplishment and reward. Ultimately this programme will lead to Global recognition as more hospitality providers become aware of THE WORLD AT YOUR FEET. ©



## The Levels

**Introduction:** **Transitional Support** for Connected Young People. Delivered within the hospitality environment. 1 day a week for 10 weeks.

**Level One:** **Selection & Induction** for all Operational Agents (O. A's). No one will be addressed as a trainee. This level will include statutory certifications in Fire, Health & Safety, and First Aid. This process will take a total of 31 working days and takes place away from operational delivery. (This can be delivered as a 50 / 50 time split with operational delivery).

- Introduction to Service
- Service NOT Servitude

**Level Two:** **Operational Modules.** This will take a maximum of 20 weeks to complete. This level includes dedicated focus on:

- Interactions
- Team Focus
- Communication and Passive Listening
- When Things Go Wrong
- Solution: The Way Forward
- Effective Decision Making

**Level Three:** **Advanced Modules.** This will take a maximum of 24 weeks to complete. This level includes dedicated focus on:

- Perseverance & the Contribution from Hurt
- Effective Planning
- Awareness & Purpose
- Active listening
- Marketing
- Industry Knowledge
- True Rest
- Managing Team Growth

### EXECUTIVE READINESS MODULE

**Level Four: Corporate & Social Awareness Modules.** This will take a maximum of 24 weeks to complete. This level includes dedicated focus on:

- Corporate Relationships
- Rate and Cost Management
- Social Engagement and Responsibility
- Operational Partnerships
- The Service Promise



## COSTS

APA appreciate and acknowledge that financial constraints and long-term wellbeing considerations, must be finely balanced against a backdrop of not creating a cost later in a young persons' life.

We believe that this programme not only provides exceptional employability, but it also provides the best programme for supporting the transition, from Social Care to independent living. It is worth noting that the Elevated Hospitality Programme is the only employment focussed programme to be designed with some key factors for long-term success.

- It is psychologically based
- It is built with an in-depth trauma informed framework throughout.

The benefit of this type of psychologically holistic framework is that it empowers young people to develop skills, resilience's and confidences that increase their self-esteem, and sense of self-worth.

This provides a life-long capacity to engage with the world around them, from the personal and emotional protection of an 'Inner locus of evaluation'. This is the only factor, known to reduce the risk of ongoing state engagement and cost. It is also the factor that increases successful and healthy relationships.



## Corporate Support Package

APA is dedicated to raising levels of Positive Mental Health, this includes supporting the corporate and workplace environments. Supporting businesses to enhance their full onboarding and retention process, in a way that not only improves long term mental health in the workplace but also increases their Community & Social Responsibility commitment and reduces their operational pressures.

APA is the first Psychological Accreditation Service to bring in depth psychological awareness to the business support arena.

By focusing on psychological awareness, resilience and empowerment, employers of all types are able to maximise the potential of their teams and their operational organisation.

Business Support the APA way (#theapaway) develops a mindset for successful cohesion and team focus that is woven into the DNA of an organisation, making positive mental health an integral component of its operation, rather than a part of a company's recovery plan, after things go wrong.

APA believes that positive Mental Health in the workplace is an asset that has a direct bearing on the effectiveness, efficiency, and sustainability of a business. The cost of poor Mental Health in the workplace can be damaging beyond measure.

APA's Community Learning Platform offers multiple options to Companies, Organisations, Charities, CIC's, and other workplace arenas.

- Selection, Induction & Retention
- The Triad of Mental Health in the Workplace
- Keys to Success (BYO Solution)
- Workplace Counselling Consultation



## B.I.T.I.M.O. Transition LIVE

### BAG IT, TAG IT, MOVE ON



Designed to support the Ex-Military Community and those in transition from Military Service to Civvy Street. Some major factors that make BITIMO a success.

- The length and type of service is not a prerequisite to inclusion.
- No attendees are invited to explore their experiences, the focus is all on the future.
- The package is not a silver bullet that fixes all challenges regarding Transition.
- Person of Significance can be a spouse, a sibling, a parent, a friend, or whoever is the most important person in the life of a former member of our armed forces.

### OVERVIEW

#### PART 1 One-day Core Skills Seminar.

That allows for increased communication and awareness to be developed. (For some, this single session will be sufficient to allow for transition both in the home and working arena to be smoother.) This can be delivered to up to 50 personnel plus their Person of Significance, (100 people total).

This one-day Seminar is presented as a ticketed event and focuses on 5 core elements:

- Great Interactions
- Reaction vs Response.
- Effective Planning
- Building Your Own Team
- When Things Go Wrong

#### PART 2\* optional

A three-day series of specific workshops and presentations offered as a bespoke retreat package, that give attendees a solid base for living outside the structures of the Military and is delivered in tandem with partners that bring a depth of experience and expertise to enhance the overall benefits of the package.



Ayanay Psychological Accreditation Membership

**B** **B.I.T.I.M.O.** 

THE ULTIMATE TRANSITION PACKAGE **APA Community Learning Hive**

 **NOTHING IMPROVES BY STAYING THE SAME.** 

**BAG IT. TAG IT. MOVE ON.**

#theapaway [www.ayanay.co.uk](http://www.ayanay.co.uk)

## COST

**PART 1** is offered as a ticketed event and tickets costs may vary. Based on venue, numbers etc. We are committed to ensuring that ticket prices are within reach to allow Veterans and their person of significance to attend. We also welcome corporate sponsorship, to allow these events to go ahead with no ticket fee to participants.

**PART 2** is a Retreat Package and costs will vary dependant on Venue. However, there will be a single all-inclusive retreat cost.

All enquiries should be directed to [support@apa-accreditation.co.uk](mailto:support@apa-accreditation.co.uk)



### 'COUNTYLINES'

APA offers a full package of psychologically rooted recommendations that will Elevate, Provide, Increase and Create an effective environment for a positive youth experience. For this environment to exist on a sustainable and cost effective platform APA is proposing 6 Foundation Stepping Stones, on which the Functional Recommendation will successfully interlink, grow and deliver the desired outcomes of

- LIVES SAVED
- CRIMINALITY REDUCED
- YOUTH ENGAGEMENT INCREASED
- SUCCESSFUL PROSECUTIONS PROTECTED
- LONG-TERM SYSTEMIC COSTS REDUCED

The Foundation Stepping Stones are:

1. Psychological disruption to the organised crime mindset
2. Safe exit routes to children & young people that want support
3. Opportunities for long term protection from criminality
4. A systemic response with proven history of success
5. Positive future lives for those caught up by organised crime
6. A 360 degree, wrap around response that saves lives and money.

Psychology has been a successful tool in understanding criminality after the fact, and increasingly as an investigative tool, it is rarely used as a tool for prevention of crime. Especially when the perpetrators of the front end criminal act is a 'Minor'. There are multiple sources, over the last 3 decades, that have presented solid psychological reports on the impacts of social, economic, environmental and educational factors that contribute to the situation that is now playing out in every village, town, and city; on buses, trains, long distance coaches and taxis across the country, with vulnerable people in social housing targeted along with justice hostels, children's social care homes, and the elderly, there is not an element of life that is untouched by the exploitative and opportunistic nature of the criminal collectives that benefit from the fragmented, reactive, isolated system, that is failing to collectively protect the vulnerable.

The perception of many is that the challenge is just too much, the range and capacity of the criminality is just beyond the reach of the establishment. with the current and historic approach this is a fair assertion to hold. APA believes that an evolution of mindset, awareness and approach will have an organically beneficial impact on reshaping that assertion. Elevating, Providing, Increasing and Creating a psychological baseline that not



only disrupts the criminal collectives, protects the vulnerable but also builds a framework that reduces the recruitment capacity of the organisational criminals.

APA offers these recommendations to support those phenomenal professionals working on the frontline of this challenge, who day after day find themselves restricted by the failures of a systemic infrastructure, that has allowed the initiative of manipulative criminals to fill the void of social care, justice, education, housing, and community identity.

The time for systemic blame and political excuses is over. The historic failures and institutional infighting must end. The pettiness of individuals and departmental, personal and professional protectionism must stop. No one in the criminal world cares about the egos or the blame culture, they simply feed off of it. APA's Psychological Response to Countylines is aimed to inform, support and empower the establishment to develop a response that is not only, fit for purpose but is effective in combating the generational damage caused by exploitative, organised and very psychologically dangerous criminal collectives.

APA acknowledges and applauds all the professionals working to protect and support those at risk, the victims and their families, the children that are caught up in a situation they just can't 'escape' from and all those that have already lost loved ones to the disease of exploitative criminals.

## RESTORE, RECOVER, REVIVE



This community engagement programme is APA's largest collaborative project. Designed to Increase Trust, Improve Understanding and Develop an attitude of collaborative success.

This programme is by far APA's most adventurous programme. As it requires mass engagement from state, local, community and corporate entities. It is however the most holistic and psychologically based community collaborative programme we believe to be available in the UK.

The largest psychological factor that has failed to be addressed by initiative after initiative is FEAR. The 3 R's Programme brings together the only collective programme that is person centred, rather than system led.

## OVERVIEW



The 3 R's Programme is a fully integrated collaboration programme that brings together some of the best operational knowledge and community infrastructure elements that allow for community centred development rather than system led alienation.

This Programme delivers over 25 component elements that promote, establish, and maintain full community and local authority engagement.

Including:

- Multiple Training and awareness seminars.
- Psychologically based connectivity packages.
- Local promotional features.
- Educational and community cross overs.
- Local Amnesties.
- Enhancing Local Enterprise Development schemes
- Increasing connectivity to social citizenship initiatives.



# SOCIAL POLICY DEVELOPMENT

APA has produced a new, balanced, focused and collaborative environment for the development, empowerment, and long-term enhancement of effective mental health awareness for communities around the world.

APA's custom-built programmes, structures and collaborative support pathways are trauma informed, and psychologically based.

For the 1st time National leadership teams can have a solid base from which to successfully demonstrate the benefit of multi-disciplined, interlinking, and inter-agency collaboration, in the field of Mental Health, incorporating Mental Health awareness from the outset, rather than as an operational or funding necessity. APA is keen to showcase that by working with a professional psychological organisation, such as APA, National Leaders can include the knowledge, understanding and experience of the psychological sector, into their national systems of human and social growth.

This forensic inclusion in key areas, reduces the crippling costs of poor Mental Health and supports growth towards a more resilient population. This focus will give all communities a completely new platform from which to develop their own sustainable growth.

The framework designed by APA, like the SHARD (The tallest building in London), stands on a floating platform that is untouched by the failures and weaknesses of the past. This framework will mark the arrival of a new era in the world of Mental Health, with the focus on the future and the potential of the people, an age determined by the strength and resilience of nations, an era of doing things differently. An era of positive, and effective collaboration. An age that reawakens the hope of nations.

**The World needs a new beginning.** This framework will catapult Positive Mental Health into the era of the New Normal. A normal that highlights a nations adaptability, focus, and drive to build positive collaborative partnerships with the world.

This framework will appeal to certain institutions which are inherently charitable. By extension, several United Nations agencies, Commonwealth of Nations institutions i.e., European Union institutions, personal foundations and corporate organisational entities around the globe may also be targeted sources for both financial and operational partnerships.



# The Framework

The **APA Framework** targets the following critical and societal concerns:

- **Children's Social Care**
- **Education**
- **Youth Employability & Entrepreneurial Spirit**
- **Crime Reduction**
- **Emotional Health & Well-being - Mental Health reimagined**

The personal and national skills gained from **APA's Framework** include:

- Increased Self Worth
- Enhanced Self Confidence
- Improved Communication Skills
- Psychological Resilience
- Reduced Reactionary Presentations
- Increased Motivation and Engagement
- Enhanced Personal Development
- Increased Positive Mental Health Infrastructure
- Improved Cognitive Pathways

The **APA Framework** provides national evolutionary growth through:

- Consistency of operational engagement with service users
- National reach of effective psychological awareness
- Consistent and dedicated National focus on psychologically supportive pathways
- Core Governmental operations being aligned on Psychological impacts
- Executive teams leading the way, in knowledge, understanding and awareness

The APA Framework supports national governments with various optional provisions:

- The APA Community Learning Platform Training Programmes
- The APA Qualified Accredited Members providing additional psychological support
- The APA Membership System providing National protection to the Therapeutic Community
- The APA Project Team to support policy development
- APA Baseline Policy Guidance
- A dedicated APA Link for the Executive Leadership for direct, confidential support

The APA Framework provides exceptional value for money:

- A single annual license fee.
- A single executive seminar package delivered annually
- A dedicated license holders' rate for additional support services



## OUR FOUNDERS

**Siobhain (Vonnie) Crosbie** is an experienced therapist practicing psychotherapy for almost 2 decades in private practice. Vonnie has worked with all manner of client difficulties and all manner of challenges. Her ability to understand others is finely tuned and 98 per cent of referrals to Vonnie are word of mouth. She is also a qualified Mediator, Family therapist, qualified Supervisor, Author, and international Speaker. She has worked across the UK and on an international basis as a therapist, presenter and trainer. Her personal history has enhanced her understanding of others in an acutely attuned way. Therapy is Vonnie's vocation, and her understanding of people is second to none. Vonnie is a writer of articles and stories reflecting understanding from a psychoanalytical viewpoint and her experience is extensive.

**David A. Sleet** is a published author and a qualified Life Coach who is exceptionally focused and dedicated to supporting those in need. Having a lifetime of social care involvement: David was raised in a family that for 11 years fostered over 90 children. He has been a Carer for those preparing to leave care for almost 10 years and has spent over 20 years training and coaching for multiple sectors. David is uniquely experienced to identify and develop effective solutions for those he works with. Working nationally and internationally David has developed an ingrained ability to quickly and effectively identify needs and design solutions that are not only cost effective and long lasting but also enhance the individual's life experience.

### CONFIDENTIALITY FRAMEWORK

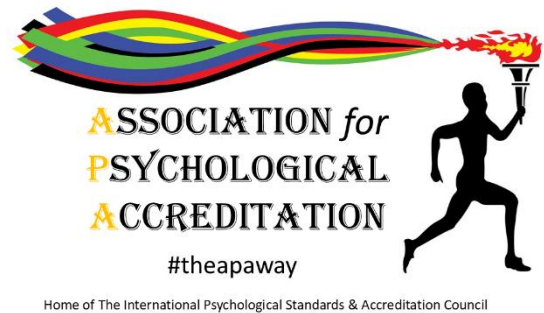
APA believes that a confidentiality framework is a vital component of any and all training-based engagement and will maintain this during and after all sessions.

### EQUALITY AND DIVERSITY

APA is dedicated to fair and non-judgmental interactions at every point. All APA policies and protocols, including our Ethical and Professional Conduct Protocol are available on our website: [www.ayanay.co.uk](http://www.ayanay.co.uk)



# A new approach for new results



## Contact us

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