

Continuing professional development

Digital and short
courses from the
Tavistock and Portman
NHS Foundation Trust



For over 100 years, the Tavistock and Portman NHS Foundation Trust has been at the forefront of exploring mental health and wellbeing – from pioneering the development of new clinical interventions, to establishing a reputation as an international centre of excellence for education.

Today, we offer a wide range of training opportunities that are developed and delivered by our expert NHS clinician-tutors – each integrating a rich variety of theoretical perspectives, the most up-to-date clinical insights and research, and vital space for reflection, discussion and experiential learning.

If you are passionate about what you do, and about making a difference, our courses are for you.



What we offer...



...for individuals and groups

Running throughout the year, our online CPD courses support professionals who seek to continuously learn, grow and be challenged – providing highly current, applicable training which has an immediate and positive impact on their work. Spanning a wide range of subject areas, each course is designed to deepen understanding, enhance skills and build connections.

So, whether you're looking to attend a one-off workshop, join us for a series of seminars or lectures, or undertake work discussion or supervision, we'll ensure that your learning experience is as engaging, relevant and memorable as possible. And, with our courses being delivered online, you'll also find greater flexibility and convenience than ever before.

...for organisations and employers

We work with employers across the health, education, social work, social care, forensic, private and voluntary sectors to devise and deliver effective and engaging training programmes that meet the complex and changing needs of their workforce.

We'll work with you to establish your requirements, and then deliver bespoke training that's right for you. You determine the subject area, length, time and location of the training, then we'll design a course from scratch or customise one of our existing courses, to ensure that the content is highly relevant to your industry, sector or organisation.

[Wondering how it works? Click to find out more.](#)

Children, young people and families

Current, relevant and inclusive, our courses will equip you with the knowledge, skills and understanding to effectively respond to the challenges faced by children, young people and their families, while also building up your capacity for critical reflection and resilience.



Explore
all courses in
this area

Social work and social care

Rooted in reflective practice traditions, our courses address emerging developments and challenges in modern day social work and social care – equipping you with the advanced knowledge and skills to effectively support the individuals and families in your care.



Explore
all courses in
this area

Nursing

Drawing on key psycho-social theories, our courses provide nurses with the skills, expertise and awareness to deliver responsive, attuned care to patients, process the impact of their work, and implement sustained and meaningful change in a contemporary context.



Explore
all courses in
this area

Adult mental health

Integrating a range of theoretical perspectives, our courses offer practitioners the tools to delve below the surface in search of deeper levels of understanding, refresh their ways of thinking and skills, and identify new strategies to support the adults, couples or families with whom they work.



Explore
all courses in
this area

Perinatal mental health

Our training has been devised in line with the Perinatal Mental Health Competency Framework to ensure that professionals across the full care pathway have the skills, competencies and expertise needed to identify, refer, assess, treat and manage mental ill health during the perinatal period.



Explore
all courses in
this area

Forensic mental health

Drawing on the expertise of the renowned Portman Clinic, our courses offer a model for thinking about serious and enduring mental health problems, while also helping clinicians to reflect on their experiences in this complex area.



Explore
all courses in
this area

Leadership and management


Our courses are about more than just building a professional toolkit – they also address wider organisational processes and culture. Underpinned by key systemic and psychodynamic ideas, each course makes connections with specific, personal contexts, and provides plenty of opportunities for meaningful reflection.



Explore
all courses in
this area

Add | Wellbeing


The Add | Wellbeing team works with organisations to assess, design and deliver bespoke programmes of mental health support. Employing a 'whole system' approach, they analyse both individual and organisational needs, offer in-depth insights, and facilitate long-term cultural change – all with the aim of creating a well workplace.



Find out
more

Tavistock Consulting

Tavistock Consulting works below the surface to tackle issues that limit the performance of organisations, teams and leaders across all sectors. Taking a systems-psychodynamic approach, they deliver organisational development, coaching, change consultancy, and development for managers and leaders.



Find out
more



Well paced introductory course, reminds you of your core skills and uses interesting ways of doing this.
[Motivational interviewing course participant](#)



As always, the Tavistock trauma series delivers so one is left wanting more and reinvigorated.
[External lecture on trauma course participant](#)



I think everyone who works in a perinatal service should go on this training - and every professional who may cross paths with a woman in the perinatal period so they can understand more about the complexities of perinatal ill health.
[Perinatal mental health course participant](#)

A woman with dark curly hair, wearing a yellow sweater and large white headphones, is looking down at a laptop. The background is blurred, showing what appears to be a bookshelf.The logo for Digital Academy, featuring a stylized orange square with a white 'D' shape inside.

**DIGITAL
ACADEMY**

**Here for you,
wherever you are.**

Wherever you are in the world, we have a number of fully online self-study courses that you can enjoy at the click of a button. From specialist Masterclasses to live short courses, we have something for everyone.

**DISCOVER OUR DIGITAL
ACADEMY COURSES**

Ready to start learning?

Discover our full range of short CPD courses and events:

 <https://tavistockandportman.nhs.uk/training/cpd/>

Get in touch with any queries or requests:

 cpdevents@tavi-port.ac.uk

Follow us for our latest news, content and resources:

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 @TavistockandPortmanEducation

 The Tavistock and Portman NHS Foundation Trust

Join our mailing list
and hear about
new courses
and special offers!

What's next?

As well as short courses, we also deliver over 30 longer, postgraduate level courses in many of the same areas, delivered by the same clinician-tutors.

Explore where our longer courses could take you at <https://tavistockandportman.ac.uk/>

Download a
prospectus