



# KUF training

knowledge & understanding framework

## What is KUF?

- ▶ The Knowledge & Understanding Framework (KUF) provides innovative coproduced and co-facilitated training programmes designed to build the confidence and competence of staff working with people with complex emotional needs associated with a diagnosis of 'personality disorder'.

### Primary Aim

- ▶ KUF is a national training programme designed to develop the skills and knowledge of the workforce across the health, criminal justice and voluntary sectors to support people who have complex emotional needs associated with a diagnosis of 'personality disorder'.

## The National KUF Hub

- ▶ The National KUF Hub is a partnership between West London NHS Trust, the Anna Freud National Centre for Children and Families and University College, London.
- ▶ Commissioned by **NHSE/I, HMPPS and HEE**, its central task is to quality assure the KUF training programme and to form the cornerstone of the KUF Community.

## What is KUF training?

KUF is a fully coproduced and co-facilitated training programme with trainers with lived experience working alongside trainers with clinical/practitioner experience.

The KUF programme is underpinned by a set of key principles, including:

- ▶ Coproduction
- ▶ Diversity
- ▶ Trauma-informed
- ▶ Psycho-socially driven
- ▶ Relational practice
- ▶ Reflection

# Overview of KUF Training Programmes

The Knowledge & Understanding Framework (KUF) training will be of benefit to anyone who works with people with complex emotional needs associated with a diagnosis of 'personality disorder', including professionals from the health and voluntary sectors working in the community and those working on the Offender Personality Disorder Pathway (OPDP).

- ▶ A variety of KUF training courses are available. These include:
- ▶ **KUF 1-day Awareness Training**
- ▶ **KUF 3-day Awareness & Skills Development**
- ▶ **KUF 2-day Specialist Training – Criminal Justice**
- ▶ **WKUF+ 4-day Specialist Training – Supporting Women in Secure Settings**

# KUF 1-day Awareness Training for People working in Non-Clinical Roles

- ▶ Designed to support non-clinical staff working with people with complex emotional needs, this course:
  - Explores key models for understanding how relational difficulties develop
  - Considers interpersonal dynamics commonly encountered and reactions and responses to these
  - Explores ways of effectively managing the challenges of working with people with complex emotional needs, including how to develop a compassion-centred approach

# KUF 3 day Awareness & Skills Development

- ▶ Designed to support people working in multiagency settings, including mental health, social care and housing services, this course:
  - Explores different perspectives around relational difficulties, dispelling myths around complex emotional needs.
  - Explores different ways of understanding complex emotional needs, examining how someone's past experiences can affect their present
  - Develops an understanding of how to work effectively with people with complex emotional needs.
  - Reflects on different approaches to working with people with complex emotional needs and the impact of reactions and responses.
  - Explores the impact of working with people with complex emotional needs on the wider team.

## KUF 2-day Specialist Training – Criminal Justice

- ▶ Designed specifically for people working on the Offender Personality Disorder Pathway, this course:
  - Provides a framework for understanding the development of complex emotional needs
  - Introduces formulation as a means to understand how the past might impact on the present
  - Supports staff to recognise and respond to the interpersonal dynamics of working with service users in complex settings
  - Develops skills around team working, reflective practice and staff wellbeing

## WKUF+ 4-day Specialist Training – Supporting Women

- ▶ Designed specifically for people working with women with complex emotional needs in secure settings, this course:
  - Provides a framework for understanding the development of complex emotional needs
  - Introduces formulation as a means to understand how the past might impact on the present
  - Explores the meaning and function of self-harm
  - Examines the role trauma and neglect play in the narrative of women's lives
  - Supports staff to recognise and respond to the interpersonal dynamics of working with women in secure settings
  - Develops skills around team working, reflective practice and staff wellbeing



# Contact Us

If you are interested in KUF training, or want to know more, then please do  
contact us at:

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