

What do you take home?



Gardeners go home with dirt under their nails, decorators go home with paint in their hair, and car mechanics go home with oil on their hands. What about you? What do you carry home with you after a day at work?

What is VBRP® and how does it work?

VBRP® is a registered NES model which is all about conversation; it helps staff take time out to look at what's going on for them, and aims to support staff so that they are more able to provide the care they came into the service to offer.

VBRP® takes place within a group held by a trained facilitator, and the reflective tools used in VBRP® are designed to keep the process safe and confidential. During a session which lasts around 30 minutes, staff are encouraged to think in different ways about their working life, maybe something which has “tugged” at them, or impacted upon them, for some reason.

Very often, people don't ask for help until there is a sense of crisis and a feeling that “I am not coping”. **VBRP® is a regular form of support which can be embedded in our working lives, reducing the build-up of stress.**

What are the benefits of using VBRP®?

Taking part in a VBRP® session enables staff to get behind the assumptions which they might make in the hurry of life in a busy hospital and to really hear each other

VBRP® doesn't force a solution, but gives staff space to look at other possibilities and it does this in a safe and supportive way which leads to an increased level of trust within teams

Want to find out more?

Contact me at susan.rayner1@nhs.scot and we can arrange a taster session