

# Train the trainer Model CARE

**Train the trainer Model CARE (TtT)** is a **comprehensive blended training** providing profound knowledge and skills to become a **certified CARE approach trainer and coach**, qualified to **provide CARE trainings and implementation support of the CARE Model** (Comprehensive Approach to Rehabilitation and Recovery) towards recovery oriented practice.

The aim of the training is to **empower recovery oriented practitioners using CARE approach in everyday practice** to enlarge their professional scope and step in a new role of a CARE trainer and coach. We would like to support you to **become innovators and “influencers”**, to gain profound knowledge, practical skills and experiences, how to support recovery oriented culture, how to keep, cultivate and hand over CARE approach to **provide relational recovery-oriented care and support such practice in various settings**.

This training brings **scientific knowledge and experiential knowledge** on core themes of CARE model **through the lenses of adult education and professional and personal growth**. Reflection and meta-reflection of the learning process creates important part of the training, as well as face to face personal experience and individual learning process - as obvious in CARE - **learning by doing!**

We will address **essential elements** in the way how we inspire and teach CARE approach **anchored in hands-on experiences** with the perspective of wide range of clinical and community settings. Through **interactive sessions and your own practice** you will strengthen your CARE approach roots and explore different ways how CARE and recovery oriented practice can be disseminated in various contexts of practice.

To ensure good quality of the training and opportunity for direct transfer, **we combine different forms of learning and practice**: online training meetings, face to face training, peer to peer work, e-learning and working on assignments, individual practice in coaching and teaching CARE, group coaching and individual support. As an extra advantage there will be the possibility to participate at CARE conference in May 2026 as it follow the training dates.

**The Train the trainer CARE model consists of:**

- **24 hours face to face training held in Prague**
- **36 online training hours (9 online sessions of 4 hours)** including
  - training lessons with various exercises
  - group coaching
  - reflection on the assignments and practice
  - experiences and examples from practice, possibility to join one of the experiences trainers in the preparation and teaching process.
- **8 hours of peer-to-peer work** (small groups and pairs will be set up and meet during the training)
- **12 hours of individual practice in delivering CARE training**
- **10 hours of individual practice in individual and group coaching**
- **10 hours of E-learning and working on assignments**
- Personal support during the training helping to transfer gained knowledge and skills into participants working environment. Each participant will meet one to one with the CARE trainer to gain support and feedback to the final work.





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The training will be **held in English**. It is open to participants from **different countries and is free of charge**. The face-to-face parts of the training will take place in Prague, Czech Republic, with travel and accommodation expenses covered.

As a participant of the training **you are more than welcome to become a member of The CARE Network and a member of CARE trainers community** as an empowering resource of mutual support and experiences to help persons to continue in personal and professional development and become a changing agent in your environment.

## Entry requirements for the training:

- **Successful completion of the basic training in the CARE Model** (ROP Practitioner, Certified Practitioner CARE Model (CPCM), Model CARE - comprehensive approach to psychosocial rehabilitation and recovery, or other in the scope of min. 50 hours)
- **Profound experience using the CARE approach in practice** (active support of clients based on the CARE model as specified in the motivation letter)
- **Motivation and enthusiasm** to become a CARE model trainer and coach
- Previous **experience in a teaching position, leadership or methodological role**, group leadership, completed psychotherapy, supervision training, or coaching training is an advantage.
- At least **level B English** (upper intermediate level)
- Admission to the course will be based on a selection process of the applicant in relation to the **letter of motivation and documented qualifications**.

## Acquired competences:

By completing Train the Trainer CARE Model, you will acquire the following competences:

- Participants will acquire the knowledge, skills, and attitudes necessary to convey the values of the CARE approach and practices focused on recovery and strengths.
- They will deepen their understanding of the principles and methodology of CARE and learn how to implement these practices in various contexts.
- They will become familiar with the CARE didactics, learning methods and processes, the principles of training preparation, and the support of professional growth for individuals and teams.
- They will gain experience in strength-based group coaching, individual coaching, group facilitation, and coaching in practice in the CARE model.
- They will learn how to support employee motivation and recognize when the values of the CARE model are being fulfilled and when they are not.
- They will truly understand and gain attitude to support experiential knowledge and expertise and work with own vulnerability within the role of CARE trainer and coach
- They will also strengthen their reflection on their own skills for performing the role of CARE coach and trainer (a sense of co-creation and empowerment, a non-judgmental attitude, sensitive language, creativity, and the search for innovative solutions, etc.).
- Among other things, course graduates can actively participate in the community of the international network of CARE model trainers and coaches in the activities of The CARE Network.

**This training program supports participants (experts by experience and experts by education) to become innovators, to explore beyond well-known terrain to work together and support the change in their team, organization, or environment.**





# Train the trainer Model CARE

## Training outline:

- Personal experience, prerequisites, strengths, and motivation for the role of CARE coach and trainer.
- Anchoring the CARE model – principles, values, and methodology (what CARE is, what CARE means to me personally, and what it means in practice).
- Recovery as an example of practice anchored in team values and culture.
- Didactics of the CARE model – the learning process and the use of various learning methods and support for personal development and growth, preparation of training in the CARE model in various contexts, feedback and verification of acquired experience and knowledge, challenging situations in teaching and coaching.
- Individual and group coaching, strengths-based coaching, coaching in practice.
- Experiential knowledge, using one's own experience with vulnerability and supporting the development of experiential knowledge and expertise in the team or organizational.
- Implementation of the CARE model in various contexts, recovery oriented culture, key elements of the CARE model, tools and other resources needed for the development of recovery-oriented practice.
- Values of daily practice, team/organizational culture and every day practice, the role of people responsible for professional leadership in the team and organization.
- Creativity and its support in daily practice, authenticity, self-management, responsivity, responsibility, anchoring in the CARE expertise.
- The connection between CARE model and other evidence based methods and practices (e.g., dialogic practice, trauma-sensitive approach, recovery coaching, FACT, Housing First, IPS, etc.)

## E- learning

E-learning is an important part of the learning process and will be held on the **Google Classroom** platform. **Each participant will have access to all learning materials** necessary to gain needed information and accomplish assignments successfully. You will receive all information needed for using Google Classroom prior to training.

The assignments and final work are based on your own personal and professional experience, support translation theory to practice and give the opportunity to share experiences and learn from each other during the training. We will reflect on the assignments during our meetings and you will have the possibility to get support and practice in CARE coaching and teaching also by peer to peer meetings and in your own practice.

You are invited to actively engage at your own pace, support each other in the learning process and prepare for the topics in our meetings. Google classroom will allow you to be in contact with your colleagues in the training for mutual support and sharing experiences and materials etc.

Through the whole learning process, you will be supported by the trainers team within our meetings. In the end of the program you will have the possibility to meet one to one with one of the CARE trainers from the trainers team for individual supervision and feedback to your assignments and final work.

As the **online platform we will use Zoom**. You will receive all information needed before the training starts and we give you technical support if needed.





# Train the trainer Model CArE

## Requirements and certification of the training:

After successful completion of this program, you will receive an official **certificate issued by The CArE Network**, and become **Certified CArE approach trainer and coach**, qualified to provide CArE trainings and implementation support of the CArE Model in practice and requires you to maintain quality standards. The Train the trainer CArE model **meets the standard qualification for this position** in other countries, but in certain requirements it may vary (please check requirements in your country if relevant).

We can provide you with the description of the training to gain credits for education in accordance with your country's propositions.

There are no hidden costs for using the approach or tools of CArE approach in the practice. We aim to spread the approach without further barriers. It is allowed to share the knowledge and experience within the team to promote good quality of care while respecting authors rights and copyrights. However **CArE Model is an evidence-based model supporting recovery it is strongly recommended to keep fidelity to CArE Model as a comprehensive approach on individual, team and organizational level.**

You will be signed into the **list of certified CArE trainers within The CArE Network**. To keep the quality standard in the practice the CArE coaches and trainers are **required to actively engage in the CArE coach or trainer role and to participate in regular activities for CArE trainers and coaches** organised by The CArE Network or national CArE platforms (EPRA, CMHCD, RINO Group).

## To be entitled to the certificate, you are required to:

- Completing 100% of the e-learning program
- Completing all required assignments
- Attendance of at least 90% of the online and face to face meetings
- Active participation in own learning process, which includes required practice in group and individual coaching and preparation and delivering CArE training activities.
- Attendance and active participation in peer to peer work (group and pair)
- Creation and presentation of final assignments: description of personal learning process and a reflection on using CArE model didactics in the individual and group coaching and in the CArE trainings.

The training requires a strong engagement of participants. It is meant to help participants to use CArE approach in everyday practice to root in the role of the CArE coach and trainer. As we believe "learning by doing" is the best way to gain deep understanding, knowledge, skills, and personal experience. Because of that the training is **spread in 6 months** to give the participants needed support and time to experience CArE in practice and learn during the training process. To benefit from the training, participant's ability to dedicate at least 10 hours per month is highly recommended.





# Train the trainer Model CARE

Start of the training online			Face-to-face in Prague		
Day	1	2	Day	3	4
Date	13/1/2026 13.00-17.00 CET	28/1/2026 13.00-17.00 CET	Dates	12/2/2026 9:00-17:00 CET	13/2/2026 9:00-17:00 CET
Topics	Introduction to the training, starting the journey together	Experience of success, building blocs of the CARE approach	Topics	CARE didactics, various training modalities and tools	Setting up the training, trainer's tools suitcase

Online training meetings					
Day	5	6	7	8	9
Dates	3/3/2025 12:00-16:00 CET	19/3/2026 13:00-17:00 CET	31/3/2026 12.00 - 16.00 CET	14/4/2026 12.00 - 16.00 CET	7/5/2026 13.00 -17.00 CET
Topics	Strength Based Group coaching	Assignments reflection, Group coaching	Experiential knowledge and expertise in training	Teaching CARE in different contexts, dialogical practice	Assignment reflection, practice learning by doing

Face-to-face in Prague			CARE conference			Online final meetings		
Day	10	11	Day	12	13	Day	14	15
Dates	19/5/2026 9:00-17:00 CET	20/5/2026 9:00-17:00 CET	Date	21/5/2026 9:00 - 17.00 CET	22/5/2026 9:00-13:00 CET	Dates	5/6/2026 12:00-16:00 CET	26/6/2026 12:00-16:00 CET
Topics	CARE implementation, cultivating recovery culture	International CARE trainers day	Topics	education in recovery-oriented care, working with experiential knowledge, peer support	creating dialogical connection trauma-sensitive care	Topics	Prague reflections, CARE implementation, final presentations	Final presentations, follow up and closing





# Train the trainer Model CARE

After completing the training we expect you to **continue in long-term education**, as it is mentioned above. There are set up requirements to keep the active CARE coach and trainer qualification within The CARE Network (active trainer or coach role, participation in organized CARE trainers activities at least 16hour per year).

You will have the possibility to actively participate in follow up activities and events organized by The CARE Network to keep in line with the new developments and findings connected with recovery oriented practice and CARE approach. We will be happy if you will be active contributor for further development of CARE approach practice and trainings and be involved in mutual support and exchange of experiences in the CARE trainers community.

## Trainers team

The trainer's **team is international** composed of experienced professionals, qualified CARE trainers, working in a range of positions in mental health care as well as in the academic education and research. As we highlight recovery and peer to peer work as important principles, experts by experience are an integral part of our team and we embrace the co-production of the training together.

The team of CARE trainers in the training will be there for you during the training to help you in your learning process and within implementation of recovery oriented approach into practice. We will be happy to support you also after completion of the program in follow up steps as CARE trainer, coach, leader or mentor in implementation process.

**Jana Pluhaříková Pomajzlová will be the head trainer for the training and will be there for you to keep follow up of the training.** Besides that **you will meet other colleagues and trainers** as experts by the topic, which will help you to explore the topic and support in the learning process, so on each meeting there will be 2 trainers present. During the training you will gradually meet all trainers. All the contacts and list of trainers and supervisors will be there for you in Google classroom.

**If you have any organizational questions, please contact coordinator of trainings Marketa Hulmáková by email: [hulmakova@cmhcd.cz](mailto:hulmakova@cmhcd.cz)**

Looking forward very much for our joint journey

**Register now**

**If you are interested to participate, please register by November 28th here:**  
<https://forms.gle/4CQEBStEL4LdYRFv7>



We will inform you about your acceptance to the training by **December 8th, 2025.**



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The CARE Network



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CENTRE FOR MENTAL HEALTH CARE DEVELOPMENT**

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