**Trainer Profile – Lisa Wisher**

# Trained in: All Youth and Adult MHFA courses

National Trainer MHFA England

Lisa is a Social Worker, Psychotherapist and Trainer. She has been delivering a variety of mental health courses, domestic abuse, bereavement and attachment and trauma courses for over 15 years. She qualified as a MHFA Youth and Adult instructor in 2016 and 2017 and since then has delivered all the MHFA products to staff from education, leisure and recreation, the youth service, children’s services and voluntary sector staff. She is also a national trainer for MHFA England with responsibility for training instructors.

She qualified as a social worker in 1990 and began her career working in residential settings with looked after young people and then in Acute and Rehabilitation Mental Health Services. Following this she moved into the voluntary sector and NHS where she worked at Associate Director level Public Health related roles. After adopting two children in 2002, Lisa’s career direction took a different turn. Quickly realising just how much impact early trauma can have on children’s health and well-being she set about learning as much as possible about attachment issues. After completing her CIPD Learning and Development Qualification she then qualified as a Psychotherapist.

Since qualifying she has developed a specialist expertise in helping parents, educators and other professionals who work closely with children and young people who struggle to manage their emotions and consequently their behaviour. In her training she uses a combination of evidenced based therapeutic approaches including, Emotion Coaching, Non-Violent Resistance Neuro-Physiological Psychotherapy and Transactional Analysis Psychotherapy. Thereby helping professionals go back to the classroom or other setting, with the confidence and knowledge that they can see beyond behaviour and build the relationships that will increase confidence and self-esteem, enable children and young people to better manage their feelings and emotions and help achieve better educational outcomes. She prides herself in being able to adapt and de-mystify therapeutic concepts for everyone to understand and use.

She has a highly successful therapy and training business, including providing supervision for Headteachers and pastoral staff. She regularly provides keynote presentations at regional and national conferences and is also Panel Chair for Adoption Now, one of the North West’s Regional Adoption Agencies.

**Delegate comments;**

“Lisa made me feel that I can really make a difference to a young person’s mental health”

“Loads of practical, real life examples that I can go back tomorrow to the workplace and put into practice straight away”

“Engaging, moving, practical, real life….but delivered with sensitivity and humour….a great two days”

“I felt really looked after by Lisa on the training and it’s made me realise that I need to look after my own mental health”

“ I have re-booked on several courses at Alliance for Learning because of the co-delivery between Lisa Wisher & Lisa Fathers- a brilliant double act and blend of expertise”