



Course information

30-40 per cent of patient consultations are concerned with mental health issues.

This course will focus on practical tools and techniques that you can use with patients suffering from low mood, depression, anxiety and other common 'minor' mental health issues.

Morning (9.30 – 12.30)

The morning will be spent learning a 'Solution –focused' intervention that is very safe to practise and can be achieved in 10 minute consultations. This will include

1. Discussing and practising strategies to develop empathy quickly
2. Learning a visualisation technique
3. Going through the step-by-step 'Soution-focused' intervention, practising this and disucssing it as a group.

Lunch 12.30 – 1.30

Afternoon (1.30- 4.30)

The afternoon session will aim to provide participants with some additional tools and techniques to help patients move forward.

Objectives for this session are to

1. Explore the range of difficulties GPs encounter on a regular basis
2. Share the strategies which have worked for colleagues in the group
3. Learn a range of additional techniques useful in a 10 minute consultation - including some Mindfulness practices
4. Practise using those techniques in small groups

Educators

Jo Hennessy (morning)

Julia Raffo (afternoon)