

Learning Objectives

This short course will equip you with tools and techniques, and some of the theory that underpins them, to help patients to manage and improve their mental health.

Educators

Jo Hennessy – Solution focussed brief intervention therapy and teaches Resilience to a range of professionals

Stephanie Franz – Former GP, Emotional Freedom Technique & Matrix Reimprinting Programme

9.25 am	Welcome and housekeeping
9.30 – 10.00	Introduction to the morning Sharing expertise we already have Breathing exercises - Jo Hennessy
10.00 – 11.00	Encouraging holistic approaches to self-help in the medical setting (integrated care model) Effects of chronic stress and trauma on all aspects of being: physical as well as mental, emotional and spiritual (Adverse Childhood Events Study) Limitations of reductionist approaches (heart sink patients) Difference between external and internal stress (high risk traits: perfectionism, people pleasing and unforgiveness) Genes and Epigenetics: we are not victims of our biology How improved GP self-care helps patients (Interpersonal neurobiology) – Stephanie Franz
11.00 – 11.20	Coffee
11.20 – 12.15	Accessing positive emotions Visualisation Diary writing – Jo Hennessy
12.15 – 1.00	Evidence-based methods to trigger self-healing through natural human behaviours: Nature and exercise, Grounding through the senses, Socialising: Interpersonal neurobiology Vocalising: Polyvagal theory Laughter (Norman Cousins) and play Creativity, art music and dance Further strategies: Diet, Bibliotherapy (recommended reading list) – Stephanie Franz Yoga

RCGP Curriculum areas covered:

3.10 Care of People with Mental Health Problems

Good Medical Practice Framework:

1.1 Maintain your professional performance

- Maintain knowledge of the law and other regulation relevant to your work
- Keep knowledge and skills about your current work up to date
- Participate in professional development and educational activities
- Take part in and respond constructively to the outcome of systematic quality improvement activities (eg audit), appraisals and performance reviews

Feedback, Course certificates and Reflection on Learning

Please submit your feedback online by following the link in the email you will be sent after the course. Feedback will be collated and shared with educators.

Once you have left your feedback, you will be able to access your course certificate and reflection on learning template for this course.

Your course certificate and reflection on learning can be completed, added to or amended at any time, using your HLP login. You can also download it as a PDF document.

Course materials

Course materials, handouts and presentations will be added to the website. Please let us know if there are materials that you cannot find on the website. All materials from previous courses are stored in the library. You can access the library at any times and search for documents or topics using key word(s).

Sponsors

Our sponsors for the day are Almirall

We are very grateful to the sponsors for supporting this event. Please do visit their stands during the breaks – their support reduces the cost of membership and course fees significantly.