

Introuctory Information

This course will introduce participants to a range of techniques that can be taught to patients. You will be introduced to each technique and have time to practise it in pairs.

Techniques will include:

- Self- hypnosis
- Heartmath/breathing
- EFT

Programme

9.00 – 9.25		Registration and coffee
9.30 – 9.40	Welcome and housekeeping	
9.40 – 11.00	Session 1	
11.00 – 11.20		Coffee
11.20 – 12.30	Session 2	
12.30	Close	

Educator

Dr Linda Thomas has had 20 years experience in medicine including as a GP. She now focuses on psychological trauma work using EFT and Matrix Reimprinting, combing it with her career as an Eco Fashion Designer.

RCGP Curriculum areas covered:

3.10 Care of People with Mental Health Problems

Good Medical Practice Framework:

1.1 Maintain your professional performance

- Keep knowledge and skills about your current work up to date
- Participate in professional development and educational activities

1.2 Apply knowledge and experience to practice

- Adequately assess the patient's conditions
- Provide or arrange advice, investigations or treatment where necessary
- Prescribe drugs or treatment, including repeat prescriptions, safely and appropriately
- Provide effective treatments based on the best available evidence
- Consult colleagues, or refer patients to colleagues, when this is in the patient's best interests

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 documents

Course documents will be added to the website. You will find them next to this course in the programme listing, and also in the library.

All shared documents from recent courses are stored in the library. You can access it at any times and search for documents or topics using key words.

Sponsors

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

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