

## 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** – Educationalist who practises and teaches Solution-focused Brief intervention therapy, and who teaches Resilience techniques to a range of professional groups

**Andrew Grimmer** – BABCP Accredited CBT psychotherapist and counsellor. Andrew specialises in working with people suffering from depression

## Topics to be covered

- ◆ Lifestyle changes
- ◆ Breathing techniques,
- ◆ Gratitude and other diary work
- ◆ Visualisations to engender change
- ◆ Techniques and practices from Positive psychology
- ◆ CBT exercises and resources for patients

<b>9.25 am</b>	Welcome and housekeeping
<b>9.30 – 9.35</b>	Introduction to the morning
<b>9.35 – 11.00</b>	Session 1: Lifestyle changes Breathing techniques, Gratitude and other diary work Visualisations to engender change Techniques and practices from Positive psychology to help with anxiety and depression
<b>11.00 – 11.20</b>	<b>Coffee</b>
<b>11.20 – 12.50</b>	Session 2: CBT exercises and resources for patients
<b>12.50 – 1.30</b>	<b>Lunch</b>

## **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**

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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.

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