



## **Training in The BodyMind Approach for those with Medically Unexplained Symptoms (follow-up, by invitation)**

### **Professor Helen Payne, PhD**

Snr Reg/Fellow ADMT UK; UKCP accred. psychotherapist and group analyst.

Helen is one of the leading international experts in the field of embodied psychotherapy. Her research in the field of medically unexplained bodily symptoms (MUS) has shown significant outcomes.

### **Silvana Reynolds, Reg. ADMP UK**

Trained in DMP, gestalt and Authentic Movement Silvana is a facilitator for the P2W courses including the QIPP project, approved by The Department of Health. Silvana is now an approved trainer with P2W in TBMA for patients with MUS. She has had substantial experience working in the field of mental health in the NHS.

**When:**                    Friday      3 March 2017  9.15am – 5.30pm  
                                 Saturday    4 March 2017  9.15am - 5.30pm



**Place:** The Empty Studio, The Poplars, Redhill, Rushden, Herts SG90TH, UK (45 mins by car A1(M) 10 mins from Baldock/Letchworth junction A1(M)/35 mins central London to Baldock station, 10 mins by pre-booked taxi)

**Cost:** £330.00 inc. VAT individual/charity funded/ £480 inc. VAT if employer funded; (to include lunch, refreshments and materials) \*plus £50.00 for personal copy of TBMA Manual to be paid on successful completion of assessment.

### **Who is this programme for?**

Applications are open to the arts therapists/counsellors/psychotherapists and other suitably qualified health professionals with substantial experience of working patients with MUS. This is a **Follow-Up** course, by invitation, for those who have satisfactorily completed the Introductory course. It is designed for suitably qualified professionals aiming to become group facilitators/assistants through P2W with people with medically unexplained conditions. A commitment to attend both days is required.

### **What does the programme cover?**

**Aim:** To further train and to assess participants in the application of TBMA® to those with medically unexplained bodily symptoms at the primary-community care interface. Subsequently, participants will be free to use the approach in both private practice and NHS/Corporate through the company P2W provided they sign the appropriate legal contracts.

- Presence in the facilitator.
- Witnessing and mindfulness.
- Self-nurture and kindness in self-managed care.
- Early trauma, attachment and medically unexplained symptoms.
- Perceptions of, and relationship to, symptoms.
- Practical arrangements to deliver groups (code of conduct/legal obligations).
- The importance of promoting wellbeing (or living well with symptoms) and the development of self-esteem.
- Meaning-making from sensory experiences
- Breath and sensory- motor practices.
- Systematic practice of the roles of witness and expresser/mover.
- The manual - conceptual knowledge, general tools, stance/attitude of mind  
Facilitator's agreement, MIS and procedures for employment.
- A short assessment prior to certification will take place during the second day.

**NB:** Dog/cats have been in the house. Only a limited number of places are available. Early booking is recommended. Cost of home-cooked, light buffet lunches included in fee, let us have dietary requirements. Tea/coffee available. A 14 hour CPD certificate will be provided to each participant (two days). **To request further information, booking form and to reserve a place contact: [sophie\\_diec06@hotmail.com](mailto:sophie_diec06@hotmail.com) or Pathways2wellbeing, Director of Training, 27 Bridge Street, Hitchin, Herts SG5 2DF 0844 358 2143** **Deadline for bookings 3 weeks before commencement of course.** 10% discount available provided booking with fee is received within 7 days of the invitation to proceed to follow up courses i.e. successfully passed the assessment.