



Training in the Facilitation of The BodyMind Approach® for those with Medically Unexplained Symptoms in Primary Care (Introduction)

Professor Helen Payne, PhD

Snr Reg/Fellow ADMP UK; UKCP accredited psychotherapist and group analyst. Helen is one of the leading international experts in the field of embodied psychotherapy. Her research on medically unexplained bodily symptoms 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 13 October 2016 9.15am - 4.45pm
Saturday 14 October 2016 9.15am - 4.45pm



Place: The Empty Studio, The Poplars, Redhill, Rushden, Herts SG90TH, UK (45 mins car A1(M)10 mins from Baldock/Letchworth junction A1(M)/35 mins central London to Baldock)
Cost: £330.00 inc. VAT individual/charity; or £480.00 inc. VAT employer. Early Bird four months before course £290.00 (including materials, lunches, refreshments).

Who is this programme for?

Arts therapists/counsellors/psychotherapists and experienced health professionals with substantial practice working with patients with medically unexplained symptoms and a personal therapy background. This is an **Introduction** to the application of the systematically researched treatment 'The BodyMind Approach' (TBMA®), derived from authentic movement, dance movement psychotherapy, experiential learning methods, mindfulness practices and group analysis. It is designed for suitably qualified professionals aiming to become group facilitators/assistants using TBMA with people with medically unexplained conditions. There will be a selection process for the follow up course which will be by invitation only, dependent upon satisfactory completion of the Introduction. The follow up course contains an assessment for accreditation as a P2W facilitator in TBMA. It is recognised some participants will attend for their own interest.

What does the programme cover?

Aim: To train participants in the application of TBMA to those with chronic medically unexplained bodily symptoms at the primary-community care interface. Subsequently, after the follow-up course and satisfactory assessment, those participants who choose will be free to use the approach in the NHS/Corporations through the company Pathways2Wellbeing®, provided they sign the appropriate legal contracts.

- A description of how to help patients with chronic persistent physical symptoms.
- Sharing of the underpinning theory, based on 10 years of systematic evidence based research.
- The provision of patient-friendly materials which can be used in group work with this population.
- Demonstrations of how to facilitate patients to open up to sensory, bodily and emotional experiencing
- How to change perceptions of symptoms raising the capacity for 'living well' with symptoms.
- An expansion of your skill-set for treating the non-psychologically-minded client.
- An overview of the research outcomes generating the treatment model.
- An exploration of the role of the group and facilitator in TBMA.
- Familiarity with the relevant literature.
- An understanding of the symptom as symbol and metaphor in persistent physical symptoms.
- How to bridge the gap between psyche and soma to help patients engage with somatised symptoms through direct experience of the self, beyond words and concepts to make meaning.
- Discovering meaning-making from sensory experiences and symbolic felt connections.
- A positive re-association with the body-self using practices based on attachment theory.
- Knowledge of how and when to apply the language of the body - mindful gesture and posture.
- The systematic exploration of the roles of witness and mover.
- The use of experiential, verbal and symbolic reflective processes.
- Seminars on, for example, the nature of the problem, typical session, patient profiles and examples, health and wellbeing, group cohesion, setting, assessment, facilitator attributes..
- Information on the business model/delivery of the programmes in the NHS and privately

NB: Dogs/cats have been in the house. A limited number of places available. Early booking is recommended. Tea/coffee/home-cooked light buffet lunches included, let us know dietary requirements. A 14 hour CPD certificate will be provided. **Further information, booking form and to reserve a place contact:** sophie_diec06@hotmail.com 0844 358 2143 **Deadline for bookings: 3 weeks prior to the course start date.**