



Presents

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

A BACP endorsed CPD course



Professor Helen Payne, PhD

Snr Reg/Fellow ADMT UK; UKCP accredited. psychotherapist and Group Analyst.

Helen is one of the leading international experts in the field of Body/Movement Psychotherapy. Her recent research in the field of medically unexplained bodily symptoms (MUS) has shown significant outcomes.

with

Hannah Murdoch, MA

Hannah, (ADMP UK Snr Reg.) is an experienced Dance Movement Psychotherapist with training in physiotherapy and Authentic Movement. She has substantial experience of patients with MUS and conducted the groups for the research study and currently work for CAMHS.

When: Friday 14 November 2014 9.15am – 5.30pm
Saturday 15 November 2014 9.15am – 5.30pm

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

Cost: £384.00 inc. VAT (NHS/Employer funded); £264.00 inc. VAT (individual/charity funded) (to include lunch) *plus £50.00 to be paid on successful completion of assessment for copy of the TBMA manual (provided booking with fee is received within 7 days of end of the introductory course a 20% discount is available)

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 for delivering facilitated 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, symbolic felt connections and somatic symptom.
- Breath and sensory practices.
- Systematic practice of the roles of witness and expresser/mover.
- The manual - conceptual knowledge, general tools and the stance/attitude of mind which helps promote change for patients.
- 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: info@Pathways2Wellbeing.com** Pathways2wellbeing Ltd, Director of Training, 27 Bridge Street, Hitchin, Herts SG5 2DF 0844 358 2143 **Deadline for bookings 14 October 2014** provided booking with fee is received within 7 days of end of the introductory course a 20% discount is available)