



# Resolving Anxiety and Panic States

Online Sessions

## Overview

This one day course is designed for Complementary Therapists or Health Care Professionals who want to learn new approaches and powerful techniques to help their clients manage anxiety and panic in-situ.

You will learn about:

- The psychological and physical responses to stress and anxiety.
- Fast calming interventions to integrate into your current practice and method of patient contact.
- Different approaches & techniques for dealing with panic & phobic responses to distressing medical situations (e.g. cannulation, anticipatory nausea and other procedural/treatment related anxieties).

**Dates:** 17th & 18th September 2022

**Prerequisite:** Suitable for Complementary Therapists or Health Care Professionals working in a health care or private setting.

## Facilitators

Lynne Tomlinson

## Fee

£90

## Register

<https://www.eventbrite.co.uk/e/resolving-anxiety-panic->

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Sessions

The Christie School of Oncology is a recognised leader in the provision of education and training.



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