



Integrative Therapies Training Unit

**Courses for Complementary Therapists,
Allied Health Care Professionals &
Researchers
2019**

Further information

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Version: Feb19

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GENERAL INFORMATION

Here at The Christie we offer a combination of courses, diplomas and conferences for Complementary Therapists and Allied Health Care Professionals. The course brochure has been split into sections: Conferences, Diplomas, Complementary Therapy Courses and CPD/Study Days and weekends.

For further information please contact course manager Sarah Wilkins: ITTU@christie.nhs.uk

CLINICAL & EDUCATION LEAD

Jacqui Stringer

Clinical & Education Lead,

Complementary Health & Wellbeing Services & Integrative Therapies Training Unit,

DIPLOMA PROGRAMME LEAD & MODERATOR

Jenny Charlton, Diploma Programme Lead

Martin Speakman, Diploma Programme Moderator

EDUCATIONAL PROGRAMME ADVISORS

Ann Carter and Peter Mackereth

CONTACT DETAILS

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COURSE BROCHURE CURRENT VERSION

Our course brochure is updated periodically. The current version can be downloaded by clicking the link on the Integrative Therapies Training Unit page of The Christie website: www.christie.nhs.uk/ittu

BOOKING & PAYMENT

- All courses are bookable with either a credit or debit card through our Eventbrite booking pages. Please click on the links for each individual course or copy and paste the link into your browser. In this instance payment receipts for your records will be issued by Eventbrite.
- Our Eventbrite listings can also be found here: <https://www.eventbrite.co.uk/o/integrative-therapies-training-13943859517>
- If you would like to pay by BACS transfer or cheque, either as an individual or an organisation, you can request an invoice directly from The Christie. Please email the course coordinator stating which course you would like to attend and the contact name, address, email address and telephone number for the invoice.
- If you are being funded by an NHS trust or other organisation please provide a purchase order (PO) or confirmation from the accounts department that no purchase order is required.
- Your place on the course will only be confirmed once The Christie receives full payment or the production of an official purchase order (PO) to confirm that your organisation is willing to pay your fees.
- You will be sent a confirmation by email with course details including information about hospital facilities available over the weekend. Bearing this in mind, please ensure that your email address is correct.
- All booking fees are included in the price of the course.

COURSE CANCELLATION

- We advise early booking as courses must have sufficient numbers to run. In the case of insufficient numbers a course will be cancelled or rescheduled with a minimum of 14 days' notice. In the event of cancellation pre-booked travel and personal expenses cannot be reimbursed.

PAYING IN INSTALMENTS

- One day and weekend courses cannot be paid for in instalments. We do not accept deposit payments for short courses; they must be paid in full at time of booking.
- For our certificate and diploma programmes payments can be made in instalments which will be agreed at time of booking and set up to be paid by standing order.

STUDENT CANCELLATION & REFUND POLICY

Please note our Cancellation & Refunds Policy below:

- Over 4 weeks' cancellation notice: 90% refund, fees may be transferred to another course.
- 2-4 weeks' cancellation notice: 50% refund, fees may be transferred to another course.
- Less than 14 days' cancellation notice: No refunds, fees may be transferred for some courses.

OTHER INFORMATION

- Certificates of participation will be provided to participants who have completed the hours required for each course.
- Course facilitators may vary from those advertised in the brochure; we have a large team of trainers and substitutions may sometimes be made.
- The Rehabilitation Unit will be open from 09:30 for tea/coffee and registration with all courses beginning promptly at 10:00.
- We ask that you respect your fellow students by turning off mobile phones during classes and return promptly from breaks. Lunch times vary and are usually between 45-60 minutes.
- Lunch is not included. Teas, coffee and light snacks (biscuits & fruit) are provided in the Rehabilitation Unit throughout the day. There is a cafeteria, coffee shops and several vending machines onsite where you can buy a variety of hot & cold foods, drinks and snacks.
- There is often on-road parking on streets around the hospital at weekends but please take care to read the parking restriction signs carefully. Most of them are 'Monday – Friday' restrictions but there are some that are 'Residents Only' parking bays. Car Park C on Palatine Road and Car Park D on Wilmslow Road both have a £1.50 flat charge. We advise you to allow plenty of time to park.
- Travel directions & car parking information can be found on The Christie website: <http://www.christie.nhs.uk/patients-and-visitors/visiting-the-christie/directions-and-transport>
- The Christie accepts no responsibility for loss or damage to vehicles or belongings whilst parking within or around the grounds. We advise you do not bring any valuables with you, we cannot be responsible for loss or theft of any personal items whilst on hospital property.
- A list of local accommodation can be provided on request. The list is intended as a guide for information only. The accommodations listed are neither vetted nor endorsed or recommended by The Christie.

STUDENT HEALTH & WELLBEING: PERSONAL RESPONSIBILITY

Participants will be treated as adult learners and you will be responsible at all times for ensuring personal physical and psychological fitness and safety to attend and participate in the courses.

We will provide tutorial support but cannot provide counselling or personal therapy. The purpose of any practical work is purely to develop your skills and cannot be construed or utilised as any form of personal therapy.

We do our best to enable participation, however, if you have health concerns that may impact on or interfere with your participation, please seek advice from our tutorial team *before* confirming a place or attending an event.

DIPLOMAS

POST GRADUATE CANCER CARE CERTIFICATE

Awarded by: The Christie Integrative Therapies Training Unit (ITTU)

This certificate programme enables therapists to partake of a number of our CPD courses following one of the three specifically designed pathways to gain a certificate relating to cancer and supportive care, awarded by The Christie Integrative Therapies Training Unit. The three certificate pathways are:

Adapting Complementary Therapies for Cancer and Supportive Care
Adapting Reflexology for Cancer and Supportive Care
Therapeutic Approaches to Relaxation in Supportive Care

You can start the certificate programme at any time and will be eligible to receive the certificate so long as you complete all 12 study days (6 weekend courses) within a two year period. Each pathway is a combination of mandatory core modules and some option days that allow you to personalise your learning experience with us (see Section 3 for individual courses & workshop dates).

There is no course work involved and no additional charge for receiving the certificate.

Price: £1,020. Paid as a £220 deposit followed by 8 x £100 monthly standing order payments (invoiced block booking only)

POST GRADUATE CANCER CARE DIPLOMAS

Awarded by: The Christie Integrative Therapies Training Unit (ITTU)

Following the same three pathways as our certificate programme above, our diplomas are made up of a combination of 12 study days (6 weekend courses) with the addition of 3 written assignments which must all be completed within the allotted timeframe in order to gain the award. As with the certificate, the 12 study days are made up of a combination of mandatory core modules and option days which must all be completed within 2 years. You will then have one year from the date of the last study day to complete your written assignments.

During your course you will need access to clients for developing a case study and for reflective practice assignments. A Diploma Handbook will be provided via email which will include supporting information about written assignments, reflective practice models and referencing.

Application: We ask for a brief 1 page CV style application giving us an indication of your background, current professional position and your interest in/intended outcomes from the diploma programme.

If you have already attended any of our one day or weekend courses, you may upgrade to a Diploma package so long as all courses will have been taken within the specified 2 year time frame.

Price: £1,070. Paid as a £230 deposit followed by 8 x £105 monthly standing order payments (invoiced block booking only)

ADAPTING COMPLEMENTARY THERAPIES FOR CANCER & SUPPORTIVE CARE

This programme is designed for Complementary Therapists wanting to develop their skills, knowledge and practical application of complementary therapies in cancer, supportive and palliative care.

Prerequisite: Qualified, practising and insured in all of your chosen options therapies.

Package: 6 days of core modules and 6 option days.

Note: Your option days *must* include an 'Adapting' module for all touch therapies that you are qualified in.

Core	Option Days
The HEARTS Process © (2 days)	Adapting Reflexology for hospice and cancer care (2 days)
Clinical Issues & Practical Issues in Cancer Care (2 days)	Adapting Massage for hospice & cancer care (2 days)
Resolving Anxiety and Panic (2 days)	Adapting Chair Massage for hospice & cancer care (2 days)
	Adapting Aromatherapy: For Use in Clinical Settings (2 days)
	Developing Your Relaxation Skills (2 days)
	Complementary Therapies during End of Life Care (2 days)
	Breathlessness: minimise the distress & maximise the breath (2 days)

ADAPTING REFLEXOLOGY FOR CANCER & SUPPORTIVE CARE

This programme is designed for qualified reflexologists wanting to deepen their understanding and develop their skills and practice using Reflexology in the context of cancer, supportive and palliative care.

Prerequisite: You must be a qualified, practising and insured Reflexologist to register for this diploma.

Package: 6 days of core modules and 6 option days.

Core	Option Days
Clinical Reflexology Masterclass (2 days)	Reflexology Lymph Drainage (2 days) **
Adapting Reflexology for Cancer & Supportive Care (2 days)	The HEARTS Process © (2 days)
Clinical Issues & Practical Issues in Cancer Care (2 days)	Resolving Anxiety and Panic (2 days)
	Developing Your Relaxation Skills (2 days)
	Complementary Therapies during End of Life Care (2 days)

**This course incurs a surcharge of £90

THERAPEUTIC APPROACHES TO RELAXATION IN SUPPORTIVE CARE,

This package consists of a variety of workshops, which focus on the principles which underpin the therapeutic use of relaxation techniques, creative imagery and mindfulness. The programme has been designed to offer skills development that will increase your flexibility when working with relaxation in practice in supportive care. If you want to develop your expertise so you can practice in a variety of healthcare settings, this diploma is the ideal way for you to 'step up' your knowledge and confidence.

Prerequisite: Complementary therapist or health care practitioner working in a supported health care setting

Package: 8 days of core modules and 4 option days.

Core	Option Days
Introduction to Mindfulness (MRE 1, Workshop 1) (2 days)	Mindfulness: Teaching clients 1-2-1 (MRE 1, Workshop 2) (2 days)
Resolving Anxiety and Panic (2 days)	Complementary Therapies during End of Life Care (2 days)
Developing Your Relaxation Skills (2 days)	BREATHLESSNESS: minimise the distress & maximise the breath (2 day)
The HEARTS Process © (2 days)	Clinical Issues & Practical Issues in Cancer Care (2 days)

CLINICAL PLACEMENT DAYS

COMPLEMENTARY THERAPY CLINICAL PLACEMENT DAYS

Dates: By arrangement

Price: £95 per day

Prerequisite: Diploma students only; completion of 12 study days as agreed for your diploma programme.

When you arrive, you will be allocated a mentor whose role is to look after you during your time with us. A certificate of participation will be provided covering each day of attendance. Participants are expected to wear a white tunic and black /blue trousers or similar uniform and complete a declaration of confidentiality. The placement may cover a range of therapies – if you have a particular therapy interest, please let us know and we will do our best to accommodate.

Eventbrite link: Please contact Sarah to discuss

INTEGRATIVE HYPNOTHERAPY DIPLOMA

Awarded by: The Christie Integrative Therapies Training Unit (ITTU)

Principal Lecturer: Lynne Tomlinson, Senior Clinical Hypnotherapist; D. Hyp BSCH (Assoc) 8424, Bsc (Hons), MBACP Dip Counselling, PG Dip in Cognitive Behavioural Psychotherapy.

Dates 2019: 9th/10th Mar, 13th/14th Apr, 11th /12th May, 8th /9th Jun, 13th /14th Jul,
10th /11th Aug, 7th /8th Sept, 12th /13th Oct, 9th 10th Nov 7th /8th Dec

Fees: £1,250. Fees can be paid with a credit or debit card using the Eventbrite link below or in instalments with an initial deposit payment of £250 followed by payment plan as individually agreed at time of booking.

The Integrative Hypnotherapy Diploma was developed for complementary therapists, counsellors, psychotherapists and medical personnel who wish to integrate hypnotherapy into their therapeutic skill set. The course acknowledges the wide overlap that exists between therapies and their capacity to induce what appears to be 'altered states'.

The course focuses on the equal development of your philosophy of practice combined with core practical skills. This requires a high degree of commitment and openness to practising and sharing your learning experiences. You will be taught approaches that are respectful, effective and suitable for a wide range of issues both for individuals and groups. Panic, anxiety, performance issues, phobias, smoking cessation, and pain control are specifically addressed on key weekends but they are used to illustrate appropriate therapeutic interventions rather than to encourage a rigid, scripted protocol to 'symptoms'.

The training will provide you with an excellent practical and academic foundation to begin your clinical/private practice. Your tutors have selected hypnotherapy applications with a strong evidence base and will offer their own vivid real-life examples and case study vignettes from experience 'on the frontline' dealing with a wide range of conditions. On successful completion of the course, observation of highly experienced practitioners in their clinical work may be negotiable and supervision will always be available to provide on-going support.

The course is delivered one weekend per month for ten months. Attendance is mandatory at the first three modules. Subsequent modules if missed must be caught up in a private tutorial which will be additional to your course fees. Classroom/personal tuition exceeds 140 hours but this does not include the time needed for your written assignments, reading and research, practice and supervision, which we estimate to total 550 hrs.

Accreditation

Without statutory registration or regulation for hypnotherapy as a profession we make it our explicit policy to have meaningful and verifiable **external** assessment. This is provided by Tim Duerden, a registered Hypnotherapist, Counsellor, Lecturer at Salford University and trainer in Mindfulness. Tim Duerden oversees the course content, marking of assignments and meets with each diploma cohort to ensure that we deliver a high standard of teaching. The course exceeds the current National Occupational Standards (NOS) for the provision of hypnotherapy training (<https://tools.skillsforhealth.org.uk/>).

Prerequisite: None

Application: We ask for a brief 1 page CV style application giving us an indication of your background, current professional position and your interest in/intended outcomes from the course.

Eventbrite link: <https://integrative-hypnotherapy-diploma.eventbrite.co.uk>

A-Z of STUDY DAYS, COURSES & WEEKEND WORKSHOPS

AROMATHERAPY 1: AROMATHERAPY FOR USE IN CLINICAL SETTINGS

Date: Sat 29th & Sun 30th June 2019

Facilitator: Paula Maycock

Price: £195

Prerequisite: Minimum, Level 3 Aromatherapy Diploma or equivalent

Details: This 2 day foundation module will cover issues which are of concern to Aromatherapists in the support and treatment of cancer patients and long term survivors. This classroom based course will examine the chemistry of oils and blending, the interaction between pharmaceutical drugs and essential oils, and the safe use of essential oils when patients are having active treatment(s) for cancer or have specific requirements around long term medication or for example have oestrogen sensitive cancer. You will explore case histories to illustrate optimum therapeutic practice in relation to dosage and choice of oils. Consideration will also be given to the use of commercial products and their constituents.

Eventbrite link: <https://aroma1.eventbrite.co.uk>

ADAPTING MASSAGE FOR HOSPICE AND CANCER CARE

Dates: Sat 27th & Sun 28th April 2019

Facilitators: Anita Mehrez, Gwynneth Campbell, Sarah Wilkins

Price: £195

Prerequisite: Minimum, Level 3 Massage Therapy Diploma or equivalent

Details: This 2 day course is designed for massage therapists who want to expand their repertoire/ approaches to massage and bodywork with people with cancer/ complex conditions. The content explores safe and creative ways of adapting massage. Come prepared to work with and without oil, on a mat, chair, couch and even the hospital bed. Wear loose comfortable clothing. Our course will take zero strain approaches to massage.

Eventbrite link: <https://adaptingmassage2019.eventbrite.co.uk>

CLINICAL & PRACTICAL ISSUES IN CANCER CARE

Date: 2020 tbc

Facilitator: Janet Fielding (Manchester University, School of Nursing)

Price: £100

Prerequisite: None; suitable for anyone working in a health care setting, particularly those working with patients, carers and family members affected by cancer.

Details: On day one we will cover a broad overview of the aetiology and epidemiology of cancer as well as touching on the psycho-social and emotional impact of diagnosis for both patient and families. On day two we will look at the biology of cancer and the principles of mainstream cancer treatments; their side effects; and how advances in scientific and medical research inform the potential of the personalised medicine of the future.

This course pairs perfectly with any of our therapeutic two day courses to give a more comprehensive understanding of working as a therapist in the field of cancer care.

Eventbrite link: please email your interest

COMPLEMENTARY THERAPIES DURING END OF LIFE CARE

Date: 2020 tbc

Facilitators: Paula Maycock, Peter Mackereth

Price: £195

Prerequisite: None, suitable for anyone working in a health care setting

Details: This 2- day course explores issues related to providing complementary therapies in the last few days of life. The focus will be on complex symptoms, consent issues, involvement of carers, consideration of spiritual issues, challenging conversations and end of life care. Please note this is not a 'hands-on' course.

Eventbrite link: please email your interest

COORDINATING & DEVELOPING COMPLEMENTARY THERAPY SERVICES

Date: Sat 16th & Sun 17th March 2019

Facilitators: Helen Murphy

Price: £195

Prerequisite: None

Details: As a coordinator, team leader or service manager you will examine the elements of an effective service, including policy and standard operating procedures, recruitment, retention, supervision and appraisal of staff, managing challenging situations, financial issues and promoting your service.

Eventbrite link: <https://developingctservice19.eventbrite.co.uk>

DEVELOPING YOUR RELAXATION SKILLS

Dates: Sat 14th & Sun 15th September 2019

Facilitators: Peter Mackereth, Ann Carter

Price: £195

Prerequisite: None

Details: A practical treasure chest of relaxation techniques designed especially for therapists and health care workers. The approaches range from the physical to the creative and the methods promote calm, reduce anxiety and enhance wellbeing. The evidence based content is patient centred and can be integrated in your practice for a variety of situations including one to one work or a relaxation/drop-in group

Eventbrite link: <https://relaxationskills.eventbrite.co.uk>

THE HEARTS PROCESS ©

Dates: Sat 18th & Sun 19th May 2019

Sat 2nd & Sun 3rd November 2019

Facilitators: Anita Mehrez, Sarah Wilkins / Paula Maycock, Peter Mackereth

Price: £195

Prerequisite: None

Details: HEARTS is a mnemonic for Hands on, Empathy, Aromatherapy, Relaxation, Textures and Sound. You will learn how to combine these components, focusing on skilful touch and the sound of the human voice to achieve profound relaxation in any situation. This course is ideal for complementary therapists, hospital, hospice and community based health care professionals such as HCAs or professional Carers as well as family member carers.

Eventbrite link: <https://heartsmay19.eventbrite.co.uk>
<https://heartsnov19.eventbrite.co.uk>

THE HEARTS PROCESS © TEACHER TRAINING

Dates: Sat 23rd & Sun 24th March 2019

Facilitator: Ann Carter

Price: £195

Prerequisite: A HEARTS Process © practitioner certificate with minimum 6 months experience working with HEARTS

Details: If you love using HEARTS and would like to take your skills to a new level, then you might like to run your own HEARTS courses so others can learn from your experience. You must have done a two day HEARTS Process course, either at the Christie or another venue, and feel confident to use all the different components. Content will include setting a course up for success, teaching methods, styles of teaching, handling sticky situations, and micro teaching where you will teach the group for 20 minutes.

Eventbrite link: <https://heartsteachertraining.eventbrite.co.uk>

ADAPTING REFLEXOLOGY FOR HOSPICE & CANCER CARE

Dates: Sat 20th & Sun 21st July 2019

Facilitators: Julie Sexton, Sarah Wilkins

Price: £195

Prerequisite: You must be a qualified Reflexologist to attend this course

Details: As a qualified reflexologist, this 2 day course will help you examine the myths and benefits of reflexology for patients in the area of hospice and cancer care. On this course we take a holistic approach with the focus on 'adapting' and utilising a range of techniques that can be used safely for the benefit of patients when a more traditional approach to reflexology may not be suitable or may be contraindicated.

Eventbrite link: <https://adaptingreflex19.eventbrite.co.uk>

CLINICAL REFLEXOLOGY MASTERCLASS

Dates: Sat 5th & Sun 6th October 2019

Facilitators: Alison Morewood (Clinical Association of Reflexologists)

Price: £195

Prerequisite: Minimum, Level 3 Reflexology Diploma or equivalent

Details: This weekend provides an opportunity for qualified reflexologists to gain an understanding of what it means to be a clinical practitioner. Using the Clinical Association of Reflexologists workbook as a foundation and guide, we will revisit and then build on the skills required by a reflexologist for safe, effective and clinical practice. A large part of the weekend will be open discussion, examining various aspects of practice, collectively working towards a deeper understanding of working with reflexes and the feet.

Eventbrite link: <https://clinicalreflexology.eventbrite.co.uk>

REFLEXOLOGY LYMPH DRAINAGE (RLD)

Dates: tbc

Facilitators: Sally Kay

Price: £260

Prerequisite: Minimum, Level 3 Reflexology Diploma or equivalent

Details: Reflexology Lymph Drainage (RLD) is a ground breaking and multi-award winning technique, which can be used to help reduce lymphoedema after treatment for breast cancer. RLD is also useful for clients with other (non-cancer related) more common conditions.

The aim is to stimulate the function of the lymphatic system and drain excess lymph from the damaged area, using a unique sequence. The course teaches specific reflexology techniques for lymphatic drainage via the feet. Day 1 focuses primarily on reducing secondary lymphoedema, a swelling in the arm following treatment for breast cancer. You will learn how to measure the fluid volume of the arm before and after draining of the excess lymph via reflexology. Day 2 is about using RLD with other inflammatory conditions, auto-immune disorders and lymphoedema in the lower limbs.

This is an evidence based course that includes the results from the existing research. You will learn how to conduct a case study or series, using arm volume measurements as the primary outcome measure and a method of collecting and analysing additional subjective data.

Eventbrite link:

RESOLVING ANXIETY & PANIC: fast calming interventions to interrupt & overcome

Dates: Sat 22nd & Sun 23rd June 2019

Facilitators: Lynne Tomlinson

Price: £195

Prerequisite: None

Details: This weekend is designed for you if you are a Complementary Therapist or health care professional wanting to learn new approaches and techniques to help others manage anxiety and panic in-situ in a variety of stressful health care situations.

With the emphasis on self-care, you will gain an understanding of both psychological and physical responses to stress and anxiety and will learn some fast calming interventions to integrate into your current practice and method of patient contact.

You will learn different approaches and techniques for dealing with panic and phobic responses to distressing medical situations (e.g. cannulation, anticipatory nausea and other procedural/treatment related anxieties). Included will be ways in which you can develop your skills in the use, power and potential of language, anchoring techniques and cues, individualised imagery and techniques to pattern interrupt.

Eventbrite link: <https://resolvinganxiety.eventbrite.co.uk>

INTRODUCTION TO TRAUMA SENSITIVE MINDFULNESS and MRE CONVERSION COURSE (MRE Level 1, Workshop 1)

Date: Sat 15th & Sun 16th June 2019

Facilitator: Tim Duerden & Annette Dunn

Price: £195

Prerequisite: None

Details: This workshop provides an experiential introduction to mindfulness and its application in clinical settings. It is the first workshop in the Mindful Resilience Enhancement (MRE) teacher-training pathway that leads to a competency certificate in teaching mindfulness in professional practice. The workshop is suitable for students and practitioners working in health, social and complementary practice. Access to an extensive online resource of handouts, teaching aids and audio tracks is available to all participants.

Eventbrite link: <https://mre119.eventbrite.co.uk>

MINDFULNESS: Teaching clients in 1-2-1 (MRE Level 1, Workshop 2)

Date: Sat 19th & Sun 20th October 2019

Facilitator: Tim Duerden & Annette Dunn

Price: £195

Prerequisite: MRE Level 1, Workshop 1: Introduction to Mindfulness

Details: This workshop provides an experiential training in teaching mindfulness to clients in a 1-2-1 context. Together with MRE Workshop 2 it offers a very flexible way of teaching mindfulness that works with the specific needs of clients. This workshop is open to professionals and practitioners who are members of a professional body with a code of practice; those without such professional membership need to contact Sarah Wilkins prior to booking to determine if you are eligible to attend.

Eventbrite link: please email your interest

REPEATER PLACES

LIMITED REPEATER PLACES ON 1 & 2 DAY COURSES*

Price: £50 per day

Prerequisite: Previous attendance on course of choice

Details: We are passionate about supporting everyone who comes on our courses to the best of our ability and in line with that ethos we strongly encourage the repeating of courses. Both tutor and student feedback alike consistently supports the value of repetition, equally as a means to refresh as to deepen your knowledge and understanding. Having fully integrated the initial learning into your practice, whatever your level of learning and experience, there is great value to revisiting with fresh eyes, often 'getting back to basics' and further embedding knowledge.

Eventbrite link: Please contact Sarah to request a discount code (* excludes RLD)

BESPOKE TRAINING FOR HEALTHCARE PROFESSIONALS & ORGANISATIONS

THE CHRISTIE 5+ CORE CALM ©, Compassionate Care in High-Tech Places

Dates: By arrangement

Facilitator: Lynne Tomlinson

Prerequisite: None

Group size: 8 – 16

Details: Founded in an ethos of compassion and self-care, this course has been intentionally designed to teach rapid relaxation strategies for health care specialists working under pressure in modern high-tech health care settings. The techniques are simple and effective, and easy to adapt and integrate into any daily procedural routine.

Each approach has been developed and tested ‘in the field’ and is supported by evidence from neuroscience and cognitive behavioural therapies. Their aim is to intercept anxiety, minimise the risk of trauma and enhance collaborative relationships with patients. They are particularly suited for patients challenged by:

- Panic & anxiety
- Claustrophobia
- Pain & discomfort
- Shortness of breath
- Difficulties with cannulation or needles

MINDFULNESS: A Master Class in Teaching Longer Practices (MRE Level 2)

Date: By arrangement

Facilitators: Tim Duerden & Annette Dunn

Prerequisite: Completion of all 3 MRE Level 1 workshops or equivalent recognised mindfulness teacher training programme (e.g. MBSR, MBCT, Breathworks)

Group size: 12 – 25

Details: Whether you are new to teaching a body scan or very familiar with the standard formats, this workshop offers training in a unique approach that opens the Body Scan to those who struggle with their practice. There are many people who experience their first Body Scan as a torment to be endured, potentially creating such aversion that they might leave the course or need to overcome an understandably distorted view of body based mindfulness practice.

This workshop provides a theoretical and practical framework that makes adaptation of the Body Scan to specific needs much easier and more strategic; making it easier to teach both standard and innovative forms.

Further information and requirements for attending the workshops and the MRE teacher-training pathway can be found on website: www.mre.re

NLP DIPLOMA & PRACTITIONER PROGRAMME

Dates: By arrangement

Facilitator: Tineke Bosma, NLP Master Practitioner and Trainer.

Group size: 8 – 12

Details: NLP stands for Neuro Linguistic Programming and is the study of human excellence.

We take in information through our senses and all our thinking, feeling and behaving is organised by our brain. NLP gives you the tools to understand at a practical level how you create your experience and communicate and interact with others.

NLP is a tool used in all sorts of communication from coaching, counselling, therapy and hypnosis to sales, marketing and business communication. NLP is about increasing personal choices. All the new skills you gain in this diploma course can be immediately applied to improve both your personal and professional lives.

Some of the major benefits of NLP are:

- Quick rapport building by matching of language and behaviour
- Greater awareness of relationships, interaction of people and your own role in this
- Personal development regarding self-awareness, confidence and self-esteem
- Awareness and elicitation of Value and Belief systems and using these to identify barriers and obstacles in personal and career development
- There are numerous ways of using NLP. Examples are eye accessing cues, chunking, reframing, anchoring, meta-programmes and behavioural flexibilities.

Anybody who deals with people in any sort of relationship can benefit from learning about NLP and its usage.

Details: The NLP Diploma is 4 days of training over 2 weekends. The Practitioner Programme takes an additional 12 days of training (6 weekend modules) to complete. Please note that to qualify as an NLP Practitioner you must complete the full Practitioner Programme, attending the total 16 days of training.

The NLP Diploma and subsequent Practitioner Programme offered are both accredited by INLPTA (International NLP Trainers Association).

Prerequisite: You must have done an accredited NLP Diploma course to attend the Practitioner modules. If you have previously attended any other accredited Diploma training we would be very happy to welcome you on our Practitioner Programme.
