



Developing Guided Imagery and Progressive Muscle Relaxation Skills

Face-to-Face Session

Overview

This course focuses on creative approaches to guided imagery and progressive muscle relaxation training. We have designed the programme especially for therapists and health care workers. 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, online platforms or relaxation groups.

Prerequisite: Suitable for complementary therapists and health care professionals.

Dates: Saturday 11th and Sunday 12th June 2022 9:30-16:30

Facilitators

Dr Peter Mackereth and Ann Carter.

Fee

£195

Register

<https://guided-imagery-and-pmr.eventbrite.co.uk>

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



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