Presents

Training in The BodyMind Approach for those with Medically Unexplained Symptoms (introduction)

Professor Helen Payne, PhD

Snr Reg/Fellow ADMP UK; UKCP accred. psychotherapist and Group Analyst. Helen is one of the leading international experts in the field of Authentic Movement and dance movement Psychotherapy from Body Oriented Psychotherapy. Her recent research in the field of persistent medically unexplained bodily symptoms has shown significant outcomes.

with

Hannah Murdoch, MA

Snr Reg ADMP UK, with substantial experience of working with patients with medically unexplained symptoms. Hannah was the facilitator for the groups for the proof of concept study and trains facilitators in this approach. She has a background in physiotherapy and Authentic Movement currently working in CAMHS.

When: Monday 8 Oct 2012 9.15am - 4.45pm
Tuesday 9 Oct 2012 9.15am - 3.45pm

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 train,10 mins pre-booked taxi)

Cost: £200.00
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. It is recognised some participants will attend for their own interest. A commitment to attend both days is required.

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, those participants who choose will be free to use the approach in the NHS/Corporations through the company Pathways2Wellbeing Ltd®, provided they sign the appropriate legal contracts.

- A description of how to help clients with chronic persistent physical symptoms who have not responded to medication or standard CBT.
- Sharing of the underpinning theory, based on 8 years of research.
- The provision of patient-friendly materials which can be used in group work with this population.
- Demonstrations of how to facilitate clients to open up to bodily and emotional experiencing to change their perception of their symptoms reducing depression and anxiety, thereby raising their capacity for 'living well' with their 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.
- An examination of how to bridge the gap between psyche and soma in order to help patients to engage with somatised symptoms through a direct experience of the self, beyond words and concepts to make meaning.
- Discovering meaning-making from sensory experiences and symbolic felt connections.
- The promotion of 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, sometimes with closed eyes.
- The systematic exploration of the roles of witness and mover.
- The use of experiential, verbal and symbolic reflective processes.
- Seminars on, for example, patient profiles, group cohesion, attachment, self regulation, setting, assessment, intake and exit meetings facilitation skills and attitudes.
- The consideration of information on the business model and the delivery of the programmes in the NHS and companies.

NB: Dogs/cats have been in the house. Only a limited number of places are available. Early booking is recommended. Tea/coffee and 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: info@Pathways2Wellbeing.com 07765003261 Deadline for bookings: 10 September 2012
Presents

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

Professor Helen Payne, PhD
Snr Reg/Fellow ADMT UK; UKCP accred. 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: Monday 19 Nov 2012 9.15am – 5.30pm
Tuesday 20 Nov 2012 9.15am - 5.30pm

Place: The Empty Studio, The Poplars, Redhill, Rushden, Herts SG90TH, UK (45 mins by car A1(M) then10 mins from Baldock/Letchworth junction off A1(M)/35 mins central London to Baldock train station then10 mins by pre-booked taxi)
Cost: £200.00 (to include lunch)

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 07765003261 Deadline for bookings 2 Nov 2012