

School of Social, Community and Health Studies

THE BODYMIND APPROACH FOR THOSE WITH MEDICALLY UNEXPLAINED SYMPTOMS

Professor Helen Payne, PhD

ADMT Snr reg; Fellow ADMT UK; UKCP accredited psychotherapist
Helen is one of the leading international experts in the field of Body/Movement Psychotherapy now specialising in Authentic Movement. Her recent research in the field of medically unexplained bodily symptoms has shown significant outcomes.

with

Hannah Murdoch

MA; ADMT UK reg

A registered movement psychotherapist and physiotherapist with extensive experience of working in the mental health field and with people with medically unexplained symptoms. She was the facilitator for the research project above.

When: Wednesday 15 July 2009 10.15am - 5.15pm
Thursday 16 July 2009 10.15am - 5.15pm

Place: Meridian House, 32 The Common, Hatfield,
Herts AL10NZ

Cost: £165



Who is this programme for?

Applications are open to practitioners trained and qualified in the arts therapies or counselling/psychotherapy who have also had training in Authentic Movement. This is an introduction to the BodyMind Approach for facilitators, apprentices (co-leaders) or assistants in groups in the NHS (primary care) with people with medically unexplained conditions. A commitment to attend both days is required.

What does the programme cover?

Aim: To explore of the application of this approach to those with medically unexplained bodily symptoms at the primary-community care interface

- How to bridge the gap in order to help patients to engage with bodily symptoms through a direct experience of the self, beyond words and concepts
- How to make meaning from sensory experiences, symbolic felt connections and somatic symptoms
- The deeper application of mindful movement, in gesture and posture, sometimes with closed eyes as in 'Authentic movement' will be core to the programme
- A focussed and systematic exploration of the roles of witness and mover in dyadic and group formations
- Experiential, verbal and symbolic reflective processes will take place as well as seminars on for example the setting, assessment methods, facilitation skills and attitudes, the population,

Assessment

A short assignment, for those with appropriate entry requirements for a Masters in Body Oriented Psychotherapy and wishing to achieve the 5 credits at level M is available. Students will have 6 weeks to complete the task which will be based on experiential learning with both a creative and written component.

NB:

Only a limited number of places are available. Early booking is recommended. Please bring lunch or if you prefer there is a shop/restaurant nearby. Tea/coffee will be provided.

For further information: Helen Payne: email h.l.payne@herts.ac.uk or telephone 01707 285861

To request booking form to reserve a place contact: Karen Wells: email k.c.wells@herts.ac.uk or telephone 01707 286393

Deadline for bookings 17 June 2009