

# CPD Programme 2020

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| CPD Date      | Title & Overview   |
|---------------|--|
| 19/01/20      | <p><b>First Aid At Work (Accredited Level 3) - Julie Williams (Optimum First Aid Ltd)</b></p> <p>Aim: This will be a valuable addition to your skills both within and outside your work environment.</p> <p>Qualification: Quallsafe Awards Level 3 First Aid at Work RQF</p> <p>Content:</p> <ul style="list-style-type: none"> <li>• Roles &amp; Responsibilities of a First Aider</li> <li>• Assessing an Incident</li> <li>• CPR &amp; Use of a Defibrillator (AED)</li> <li>• Unconscious Casualty</li> <li>• Recovery Position</li> <li>• Shock</li> <li>• Wounds &amp; Bleeding</li> <li>• Choking</li> <li>• Seizures</li> <li>• Minor Injuries and Burns</li> </ul> <p>Note: Adult focused course. Children and babies are covered, however, no formal assessments are carried out on this section.</p>   |
| 06/02/20      | <p><b>Weight Loss - A Mindset Approach - Sarah Sollom</b></p> <p>This workshop equips you with the option to run your own Weight Loss short courses for groups and is extremely useful for working with individual clients.</p> <p><b>Adapt and personalise all these components with your own branding to make it your own and get started!</b></p> <ul style="list-style-type: none"> <li>• A PowerPoint presentation (ready to use)</li> <li>• Advertising flyers with copyright-free pictures</li> <li>• Client material – Information emails, booking forms, self-awareness exercises and supporting notes.</li> <li>• Lots of information about how I get many clients by using FREE Facebook advertising</li> <li>• Full notes to support the CPD</li> <li>• Copyright-free music and Language Pattern (non-specific but motivational)</li> <li>• ... and lots more, including on-going email and telephone support.</li> </ul>   |
| 09/02/20      | <p><b>Weight Loss - A Mindset Approach - Sarah Sollom</b></p> <p>Repeat of workshop 06/02/20</p>   |
| 22 & 23/02/20 | <p><b>SFBT - Susan Rodrigues &amp; Stuart Taylor</b></p> <p><b>This AHD CPD is a two weekend CPD (22/23 February &amp; 21/22 March).</b> We will be looking at SFBT in more detail with lots of interactive discussions and exercises (including the MQ) for you to hone your skills, but mostly it will be fun!</p> <p><b>Aim</b> – The aim of the SFBT CPD is to provide an understanding of SFBT through a working knowledge of the SFBT therapeutic process. We will be looking at the application of strategies, tools and questioning which aid the client in moving toward a more positive future. It will also provide an understanding of the application of SFBT techniques and interventions within hypnotherapy.</p> <p>It will include in depth discussion of:</p> <p><b>The Origins and Basic Concepts</b></p> <ul style="list-style-type: none"> <li>• SFBT in Context</li> <li>• Therapeutic Principles and Techniques</li> <li>• Major Tenets of SFBT – De Shazer</li> </ul> <p><b>The Structure</b></p> <ul style="list-style-type: none"> <li>• Opening Gambit</li> <li>• The Model</li> <li>• Interpersonal</li> <li>• Listening Constructively</li> </ul> |

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|               | <p><b>SFBT</b></p> <ul style="list-style-type: none"> <li>• Creating the Picture (MQ)</li> <li>• What is already working</li> <li>• Appraisal and Reflection</li> </ul> <p><b>SFH</b></p> <ul style="list-style-type: none"> <li>• The Initial Consultation</li> <li>• Understandings: First session and beyond</li> <li>• Continuing Change</li> </ul>  |
| 15/03/20      | <p><b>SFH for Irritable Bowel Syndrome (IBS) - Helen Green</b></p> <p>Aims: To develop greater understanding of IBS and digestive health, including definitions, prevalence and symptomology. IBS can be a complex and sometimes embarrassing topic for clients and this course will also explore IBS from the client's perspective, as well as how SFH can help. The course will include:</p> <ul style="list-style-type: none"> <li>• Introduction - Digestive Health overview - IBD vs IBS - Diagnosed vs undiagnosed</li> <li>• IBS - History and Description - Prevalence - Symptomology – common and uncommon; physical, social and emotional</li> <li>• The science bit - Neuroscience and digestion - The serotonin powerhouse and mechanics of digestive transit</li> <li>• Treatment and management - Latest medical approach – brief overview of medications, FODMAP etc. - Talking therapies – NICE and research studies - The impact of stress and anxiety reduction</li> <li>• SFH and IBS - Client explanations, expectations and information gathering - Explanations during the IC – relevance to IBS - Follow up sessions – using SF methods (scaling, MQ and SFQ) to identify and amplify strengths and coping strategies, and to enhance confidence.</li> </ul> <p>Over the course of the day there will be reference to various case studies, as well as some interactive discussions, quizzes and exercises!</p>   |
| 21 & 22/03/20 | <p><b>SFBT - Susan Rodrigues &amp; Stuart Taylor</b></p> <p>Second weekend of a two weekend CPD (22/23 March &amp; 21/22 March). Continuation of weekend one 22/23 March 2020.</p>   |
| 19/04/20      | <p><b>Hypnosis for Improved Sporting Performance - Trevor Eddolls</b></p> <p>Aim: to understand how to help your clients improve their Sports Performance through the use of Hypnosis. We explore how the brain works and different techniques of visualization and relaxation with the use of practical exercises to endorse the lessons.</p> <p><b>Details</b></p> <p>Sports hypnosis can help athletes to improve their performance to get to the absolute top of their chosen sport.</p> <p>It can be used to:</p> <ul style="list-style-type: none"> <li>• Reinforce established sporting goals</li> <li>• Increase motivation</li> <li>• Improve bodily awareness</li> <li>• Handle nervousness</li> <li>• Manage stress</li> <li>• Be able to relax</li> <li>• Ignore distractions</li> <li>• Control pain.</li> </ul> <p>The session will look at how the brain works and common problems that athletes face – choking, dartsitis, yips, target panic, etc – and talk about paralysis by analysis, and how it can be avoided, and dealing with negativity.</p> <p>We'll look at different types of visualization and how they can be used to improve performance both in and out of trance. We'll look at relaxation both away from events and at events. We'll look at the kind of language to use. And we'll look at practice in and out of trance.</p> <p>We'll look at getting 'in the zone'. We'll talk about Mihály Csíkszentmihályi's idea of flow – the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized</p> |

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|                 | <p>focus, full involvement, and enjoyment in the process of the activity. And we'll look at Owen Schaffer's seven flow conditions.</p> <p>We will also look at hypnotherapy and NLP techniques to bring all this together to help produce the best athlete possible.</p>  |
| <b>26/04/20</b> | <p><b>Exploring Stress - Theories &amp; Solutions (Online Presentation) - Helen Green</b></p> <p>Aim: To help therapists understand the essential aspects of Stress from a biological, psychological and behavioural perspective, and provide an overview of tools and strategies that we can use with clients to help them to cope. It will cover the following areas:</p> <ul style="list-style-type: none"> <li>• The fundamentals of Stress – history, classifications, descriptions &amp; definitions</li> <li>• Types of Stress – The good, the bad &amp; the very bad...</li> <li>• The impact of Stress – Biological, psychological, social &amp; behavioural</li> <li>• Strategies for dealing with Stress – research &amp; approaches</li> <li>• Stress &amp; SFH – How SFH can help: physically, emotionally &amp; behaviourally. SF tools and strategies (MQ, Scaling, Confidence, Perspective Power, Thinking-time &amp; other approaches).</li> </ul> |
| <b>07/06/20</b> | <p><b>Exploring Stress - Theories &amp; Solutions (Online Presentation) - Helen Green</b></p> <p>Repeat of workshop on 26/04/20.</p>  |

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