

# Exploring stress – Theories & Solutions Workshop



**Trainer bio:** My background is in Psychology, Health Psychology & Clinical Research. My areas of research covered specific aspects of psychopharmacology, and the impact of emotional states (primarily Stress and distress) on behaviour (addictions) and physical health. I'm a certified trainer and love SFH and its effectiveness and have been a practicing SFH for several years!

This condensed, 3-hour course is designed 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.

Course outline:

- The fundamentals of Stress – history, classifications, descriptions & definitions
- Types of Stress – The good, the bad & the very bad...
- The impact of Stress – Biological, psychological, social & behavioural
- Strategies for dealing with Stress – research & approaches
- Stress & SFH – How SFH can help: physically, emotionally & behaviourally. SF tools and strategies (MQ, Scaling, Confidence, Perspective Power, Thinking-time & other approaches).