



# Positive Mental Training Workshop

Guided self-managed audio programme for  
Recovery from Depression, Anxiety, Stress & Burnout

**For you and your patients – app & mp3 versions**

Facilitated by:

Alastair Dobbin, GP, Honorary Lecturer in Community Medicine Edinburgh University  
Dr Sheila Ross PhD, Health Psychologist and Psychotherapist

**Part 1 June 9th 2017: Part 2 August 18th 2017:  
1.00pm -4.30pm St Columba's Education Centre EH5 3RW**

- Gain new insights into the neuroscience of mind body links,
- Integrate this into your clinical practice and personal development.
- Recognise the importance of the GP/psychiatrist/therapist role in the treatment of emotional distress
- Assess & Explain PosMT to your clients as part of normal working
- Increase *your* wellbeing your resilience and your satisfaction with your job

Used by GPs, psychiatrists, nursing & other staff for their wellbeing and their patients'. It is also used in addictions, chronic pain, rehabilitation, occupational therapy, self-harm and psychosomatic disorders.

- Evidence based, audio modular programme from on Olympic sports training
- Develops and automates key skills – relaxation, breathing, reinterpretation & future positive visualisation

All participants will be given access to **free download codes by App and mp3s for their patients** (Edinburgh CHP staff also have CDs). The workshop is free to all Lothian CHP staff, Royal Edinburgh Staff and South East Scotland GPRs. **If you have already come to workshop1 you can book in for Workshop 2 only in August.**

*'simple to understand and take on board'*  
*'very high quality training'*  
*'exceeded (my learning objectives and expectations) .*  
*'nice to see 'scientific' background to this technique '*

To attend this workshop please contact [Alastair@foundationforpositivementalhealth.com](mailto:Alastair@foundationforpositivementalhealth.com)  
Or book on [www.foundationforpositivementalhealth.com/training-workshops/](http://www.foundationforpositivementalhealth.com/training-workshops/)

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