The Problem

Burnout
Leaving
Early retirement

Changing the Paradigm in Self-Care
Increasing Resilience – Reducing Burnout

Positive Emotions

- Positive emotions automatically inhibit negative emotions, but also increase
- Problem Solving, Compassion, Cognitive Flexibility, Working Memory, Negotiating Skills
- Induces a positive feedback loop (‘flourishing’)
- Mediate Resilience

What is Positive Mental Training?

1. An educational component puts into context the neurobiological processes that underpin distress, and factors fostering resilience.
2. A modular audio based programme uses the body and the mind to increase approach strategies, positive visualisation and positive emotions.
3. Derived from Olympic sports development programme, now an RCGP accredited Course for GPs. Evidence Base for Rx of emotional distress and occupational stress.

NEW! FY1/FY2 afternoon workshop

- Based on RCGP course
- Education on positive self care
- Reflection on stressors
- Discussion and rehearsal of solutions
- Provision of Materials and support
- Post Course evaluation

Staff Training RCGP accredited Course

Of anonymous survey respondents:

- 75% learnt something useful about coping with their own stress
- 90% felt more able to cope with their mental health patients
- 72% felt more able to cope with their patients with other problems
- 46% felt more able to cope with their wider working practice
- 52% were using PosMT for self

Lizzie Yarnold wins Olympic gold 2014
Training incudes visualisation

References

1. Pulse Survey (2013)
4. Prof. David Peters, Westminster Centre for Resilience
7. 90%
8. 80%
9. 70%
10. 60%
11. 50%
12. 40%
13. 30%
14. 20%
15. 10%
16. 0%

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