Resilience Training for GPs and Patients

Changing the Paradigm in Primary Care Mental Health
Treating Patients – Reducing staff burnout

Recovery is for Everyone: GPs and their distressed patients!

Positive Mental Training

For GPs

Therapeutic mirroring 1 - A concept to express that by leading and experiencing patients recovery staff intuitively recognise the benefits of the programme, increasing job fulfilment, adopting this for their own use, reflecting back their own experience to pts.

Supervised self management - A concept to express patients remaining under the care of their GP or health provider whilst actively taking responsibility for their treatment. Evidence Base 2, 3, 4 for Rx of emotional distress and occupational stress. No referral required.

For Patients

Positive Mental Training

- A video and 12 audio tracks on 3 CDs’s/MP3’s
- Listen at home x1/day 18 minutes - no reading skills required
- Fits a 10 minute appointment!

For recovery from

✓ Distress
✓ Depression
✓ Anxiety
✓ Somatisation
✓ Burnout
✓ Occupational Stress

Cost Effectiveness - A King’s College/IOP Study 3 suggested Positive Mental Training was more cost effective than a NICE approved computerised CBT programme in moderate and severe depression

Rekindle the fire....

How does it work?

• Jacobson relaxation, slow diaphragmatic breathing, visualisation and positive reappraisal increase positive emotions in depression.
• Positive emotions automatically inhibit negative emotions, but also increase problem solving/compassion/cognitive flexibility/working memory.
• Induces a positive feedback loop (‘flourishing’)
• Over 70,000 patient experiences

References:

1. Dobbin, A., Ross, S., & Philippe, Frederick. (under review) Reappraisal, Positive Affect and Specific Memories
4. ‘Positive Mental Training’ in an Occupational Health Setting. Dr Jacqueline Thompson. Poster Presentation at Society of Occupational Medicine Annual Scientific Meeting 2010

Starter Training Workshops

( RCGP accredited) >800 attendees

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 the programme for their own benefit

WEMWBS mean scores pre & post Positive Mental Training workshops (wales pilot) for all professions and by individual professions.