

This collaborative training programme is enabled by Action for NHS Wellbeing – a group of concerned health professionals seeking to increase the wellbeing of patients and staff in NHS contexts

The Problem



Burnout ¹
Leaving
Early retirement

The Solution

Managing professional stress & having a life
Positive Mental Training for *self & patients*
Increasing knowledge & emotional wellbeing

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

'life or work don't get me as stressed as they used to – I am able to focus & analyse better'

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

Staff Training RCGP accredited Course

Of anonymous survey respondents ⁵

- **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

What is Positive Mental Training?

'The most interesting thing I've learnt for years'

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 ^{2,3,4}.

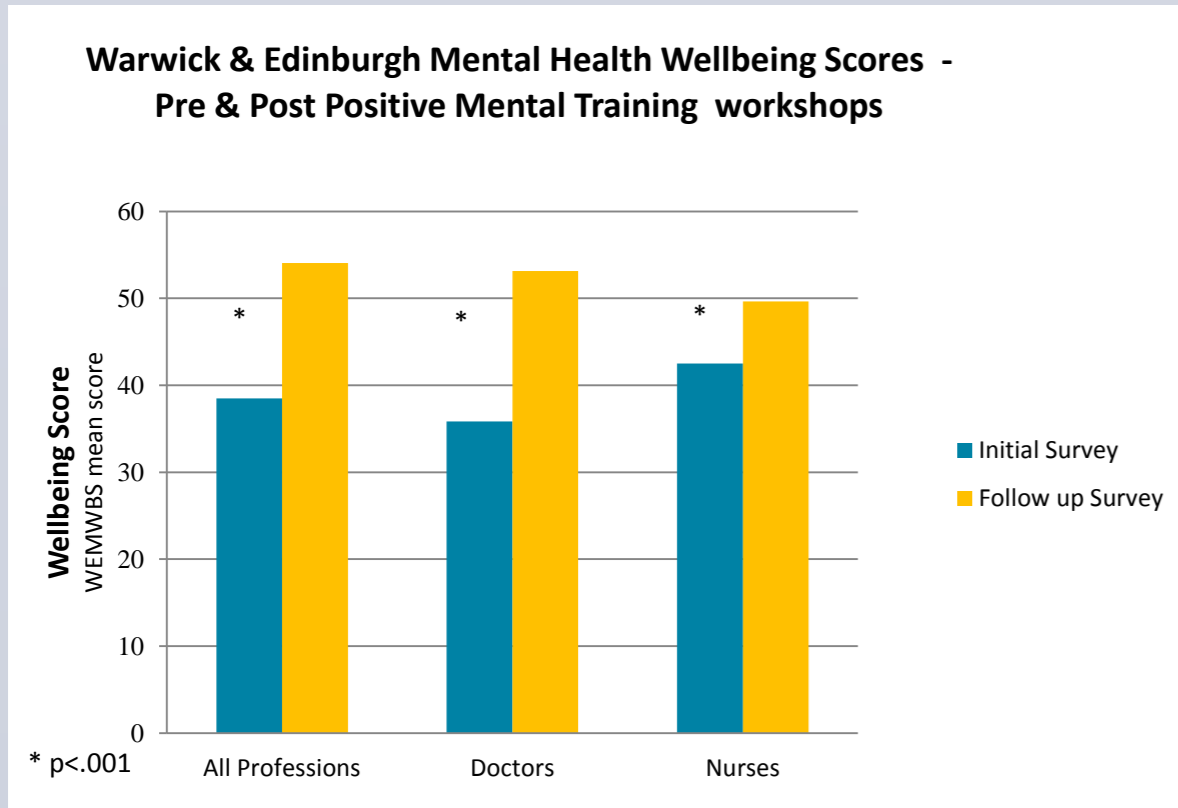


Lizzie Yarnold wins Olympic gold 2014
Training includes visualisation

Rekindle the fire....

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

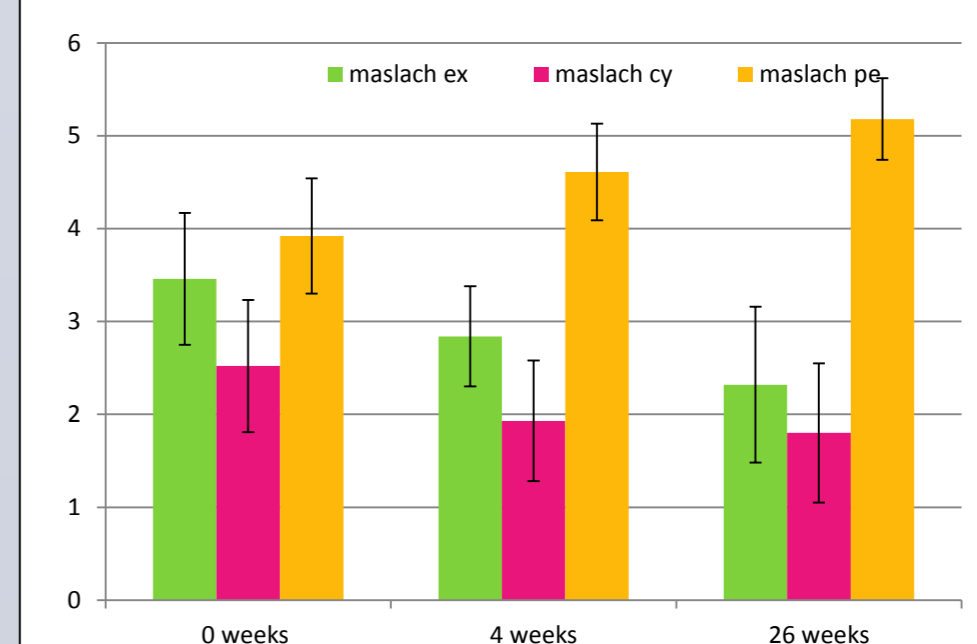


WEMWBS mean scores pre & post Positive Mental Training workshops for all professions and by individual professions. The difference for each group was statistically significant, $p<.001$

References:

1. Pulse Survey (2013) http://www.pulsetoday.co.uk/home/battling-burnout/revealed-half-of-gps-at-high-risk-of-burnout/20003157.article#_U_cjkvidVF1
2. Dobbin, A., Maxwell, M., & Elton, R. (2009) A Benchmarked Feasibility Study of a Self-Hypnosis Treatment for Depression in Primary Care. *International Journal of Clinical and Experimental Hypnosis* 57:3,293-318
3. Koeser, L., Dobbin, A., Ross, S., McCrone (2013) Economic evaluation of audio based resilience training for depression in primary care. *Journal of Affective Disorders*. 149:307-312
4. 'Positive Mental Training' in an Occupational Health Setting. Dr Jacqueline Thompson. Poster Presentation at Society of Occupational Medicine. Annual Scientific Meeting 2010
5. Summary report of an online anonymous evaluation of Positive Mental Training in Halton and St Helens (2011) <http://ow.ly/pd4j4>

Burnout Measures in mental health referrals of NHS staff to Occupational Medicine given 12 weeks of Positive Mental Training ⁴



Maslach Burnout Inventory **exhaustion**, **cynicism**, and **Personal efficacy (Pe)** all components show significant changes 0-26 weeks and Pe also from 0-4 weeks ($p<0.05$)

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www.westminster.ac.uk/resilience/news/managing-professional-stress-and-having-a-life-coursemout/20003157.article#_U_cjkvidVF1