

Resilience Training for GPs and Patients

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

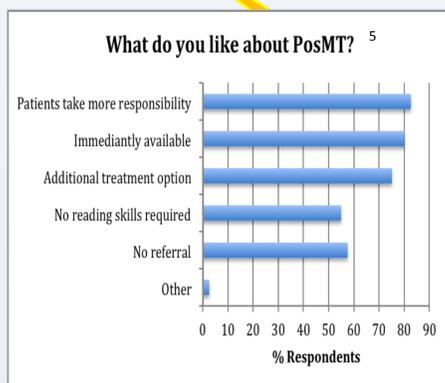
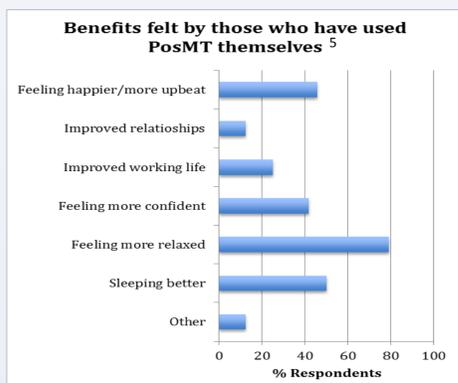


Recovery is for Everyone: GPs *and* their distressed patients!

Positive Mental Training

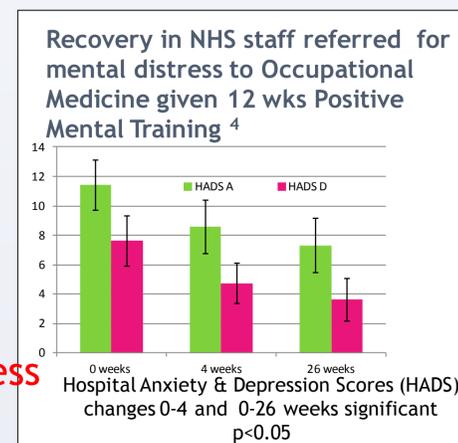
For GPs

Therapeutic mirroring¹ - 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.



For Patients

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 recovery from

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

Positive Mental Training

- Audio based resilience programme
- Sports programme-no stigma
- Incorporates mindfulness and CBT techniques
- 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!

"I have nearly 400 patients enrolled in the programme with some major successes!! Just to thank you and your team for making a POSITIVE to patients lives!!!! Dr Woodforde GP"

Cost Effectiveness - A King's College/IOP Study³ suggested Positive Mental Training was more cost effective than a NICE approved computerised CBT programme in moderate and severe depression

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

Staff Training Workshops (RCGP accredited) >800 attendees

Of anonymous survey respondents

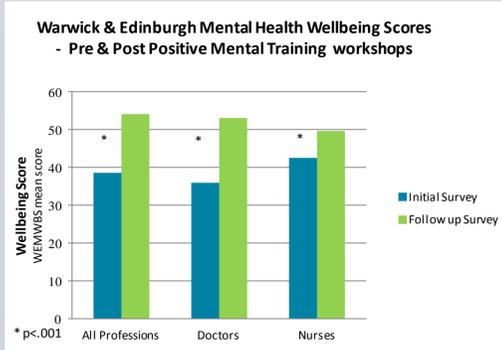
- 75% learnt something useful
- about coping with their own stress
- 90% felt more able to cope with their mental health patients
- 72% felt more able to cope with their patients with other problems
- 46% felt more able to cope with their wider working practice
- 52% were using the programme for their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

"I control my stress and anxiety better and don't find that life or work gets me as worked up as they used to - I am able to focus and analyse the situation better"

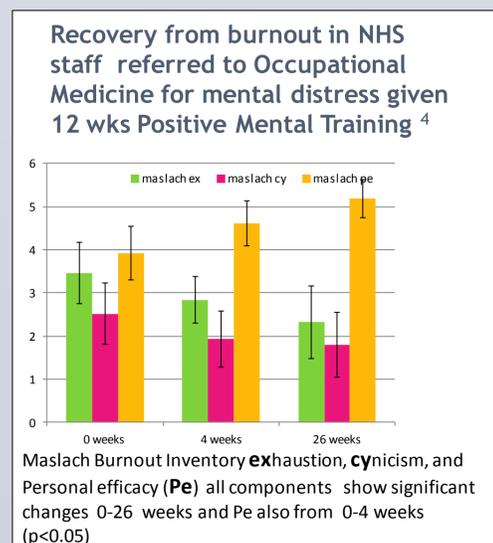
Rekindle the fire....

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 memory⁶
- Induces a positive feedback loop ('flourishing')
- Over 70,000 patient experiences



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



References:
1. Dobbin, A. (2011) The role of compassion in recovery: a neurobiological account. Journal of Holistic Healthcare 8, 3: 23-28
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. Koester, 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/pd4f4>
6. Dobbin, A., Ross, S., & Philippe, Frederick. (under review) Reappraisal, Positive Affect and Specific Memories