

distress and recovery in the neuroscience module of second year medical students at Edinburgh University, and in 4th year students 'Preparing for Practice'. These serve the triple function of giving students the tools they need for themselves to keep calm during their long training, also giving them tools to use with their patients later on, and thirdly contributing to their knowledge and understanding of the nervous system. Materials and guidance have been developed with the generous advice of Arthur Craig, Research Professor of Cell Biology and Anatomy at the University of Arizona College of Medicine, and Research Professor of Psychology at Arizona State University. He has conducted a staggeringly heroic amount of original research and hence contributed enormously to the understanding of the science of emotions and the autonomic nervous system, and has virtually re-written the textbooks in this field. His research has in fact greatly clarified and simplified the model of emotional distress and recovery and this is a key factor in all our workshop materials now.

New Horizons.

We are also working with Professor David Peters of the University of Westminster and with Professor George Lewith of Southampton University, in producing workshops for FY1 doctors, based on our RCGP accredited course for GPs. This will be shortly circulated to all Deaneries. FY1 doctors are often very busy and it is particularly important for them that they can learn the science of emotional distress and recovery, their experience in FY1 year can act as a springboard for their understanding of themselves and their patients -

<http://www.westminster.ac.uk/courses/professional-and-short/biomedical-sciences/managing-professional-stress-and-resilience>

We have recently run a successful workshop in the Isle of Wight which was well attended by the local doctors, who are now using the programme across the island for their patients.

If you have any enquiries about our programmes or would like to run a workshop in your area and research please e-mail us on mail@foundationforpositivementalhealth.com