

***Evidence based approaches to pain reduction – with mindfulness, clinical hypnosis and NLP***

*Accredited CPD training for all teachers/practitioners*

**Date:** Saturday 30 January, 2016

**Venue:** Central England College  
240 Alcester Road South  
Kings Heath  
Birmingham  
B14 6DR

**Time:** 10.00am – 5.00pm

**Presented by:** Nick Cooke

Ongoing CPD training is a professional requirement. This intensive one-day course fulfils the first year requirements for Mindfulness Now practitioners and is equally appropriate to hypnotherapists, NLP practitioners and counsellors. It provides an opportunity to gain real understanding of the nature of pain in its many forms, as well as evidence-based treatment approaches.

The format of the day, which runs from 10am to 5pm, is presentation of relevant theory, demonstrations, practical exercises and discussion. Notes will be provided, along with slides and slide summaries. **The group size is strictly limited and early booking is advised.**

- The objectives are that participants will learn:
- Medical/psychological theories of pain
- Ethical considerations
- Types of pain (primary, secondary, referred and psycho-somatic, emotional)
- Safeguards and cautions
- Evidence-based interventions (mindfulness, clinical hypnosis and NLP)
- New developments/innovations and experiments
- Where to learn more

The training is accredited by the NCH and AHP, with specialist certification provided.

**Attendance fee:** £90 (NCH, NRPC & AHP members) / £120 to non-members

**How to book:** Please make an early booking by calling Central England College on 0121 444 1110 or emailing [info@cecch.com](mailto:info@cecch.com)