



CPD



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

**Accredited CPD Training for all teachers / practitioners – Saturday 8th July 2017
Attendance £120 (NCH, NRPC and APHP members) £140 to non-members
Central England College – Birmingham – Presented by Nick Cooke D Psy FAPHP**

Ongoing CPD training is a professional requirement and 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, and is accredited by the NCH and APHP with specialist certification provided.

The format of the day, which runs from 10 AM to 5 PM is presentation of relevant theory, demonstrations, practical exercises and discussion. Notes will be provided along with slides. 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 – safeguards and cautions
- Types of pain (primary, secondary, referred and psycho-somatic, emotional)
- Evidence based interventions (mindfulness, clinical hypnosis and NLP)
- New developments / innovations and experiments
- Where to learn more

Please make an early booking by calling Central England College on 0121 444 1110 or emailing info@cecch.com