

**Continuing Professional Development Seminar Series**  
**Saturday 18<sup>th</sup> March 10.00am-5.30pm**  
 Mary Ward House, 5-7 Tavistock Place, London WC1H 9SN

**The Therapeutic Relationship and Practitioner Resilience  
PROGRAMME**

- 10.00 am **Introduction to the morning session** Chair: Dr Chris Etheridge  
 10.05-10.45 **Peter Conway recorded from Canada - The Herbal Therapeutic Relationship with Patients**  
 The self, herbs our tools to shape competencies, models of practitioner/patient relationship, finding our own niche, professional self-esteem as marginalised profession.  
**Discussion & Q&A with Peter on video at 5.00pm**
- 10.45-11.25 **Dr Anna Ludvigsen - The Basis of a Therapeutic Consultation**  
 Rather than special counselling skills, open curiosity and genuine interest, awareness of and managing our own wounds and boundaries. Common challenges to help/hinder our interactions.  
 The role herbs can play.  
**Discussion with Q&A**
- 11.25-11.45 **Coffee/tea break**
- 11.45-12.30 **Paula McCreary - Reflective Practice as a Basis of Herbal Practitioner Resilience and Emotional - Intelligence** Benefits of this simple model and how to apply it as herbal practitioners  
**Discussion with Q&A**
- 12.30-2.00pm **Lunch bring your own or eat out at nearby cafés**
- 2.00-3.30 **Introduction to the afternoon session** Chair: Dr Chris Etheridge  
**Jackie Saull-Hunt & Benn Abdy-Collins - Therapeutic Relationships and the Art of Communication**  
 90min interactive session with four breakout groups with facilitators:  
 1. Dealing with Value - valuing ourselves and self-care  
 2. Holding the Therapeutic Space with Empathy  
 3. The Intuitive Herbalist - playing to our strengths  
 4. Listen Up Herbies - dealing with all the elements of listening and hearing our patients  
**Feedback from groups and conclusions**
- 3.30-3.50 **Tea break**
- 3.50-4.30 **Anna Betz and Alex Laird - Resources to Build our Resilience and Therapeutic Relationships**  
 Plants as healing beyond the clinic eg walks, reconnection to nature, food; therapeutic language; models of psychological support and referral for self/patients re trauma, psychosis etc. Effect of COVID on us all, strategies to deal with stress for resilience; summary of day's learning.
- 4.30-5.10 **Roberta Hutchins recorded - Mindfulness and the Human Givens Emotional Needs model**  
 How to build our resilience through meeting needs *outside* the clinic. Visualisation/body scan as tool to set neuropatterns of self-care and as resource for patients.
- 5.10-5.30 **Discussion/Q&A with Peter Conway and then all speakers; members sharing experiences of self-care and therapeutic patient relationships**
- 5.30 pm** **End**

EHTPA [CPP] Members/NIMH/BHMA/ANP/CoM Members £30.00  
 Non-EHTPA Members £40.00 New Practitioners [1st year only] £10.00  
 Student fees CPP Students £5.00; non-CPP Students £10.00

Attendance at this event will attract 4 CPP/CPD credits

**Book tickets on-line at: <https://thecpp.uk>**

NB Only teas/coffees included – bring your own lunch or see list of nearby cafes/shops

Pam Bull, CPP Secretary [pamela.bull@thecpp.uk](mailto:pamela.bull@thecpp.uk) [www.thecpp.uk](http://www.thecpp.uk)