

Continuing Professional Development Seminar Series
Saturday 18th 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 morningsession** 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. [PDF DOWNLOAD](#)
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 [PDF DOWNLOAD](#)
- 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 [PDF DOWNLOAD](#)
- 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.

[Responsible Foraging\(Betz\)](#) [Therapeutics Resources\(Laird\)](#)

[Therapeutic Relationships\(Betz\)](#)
- 4.30–5.10 **Roberta Hutchins recorded –Using the Human Givens model to support practitioner resilience**
 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. NB Roberta will discuss the Human Givens Emotional Audit, which you may like to complete in advance, either [online](#) or via the [pdf](#):
[PDF DOWNLOAD](#)
- 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-EHTPAMembers £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/CPDcredits

Book tickets online at: <https://thecpp.uk>

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

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