



Positive Mental Training
For personal and patient resilience
2 workshops on emotional distress & how to treat it

Positive Mental Training is a self help programme for anxiety, depression and burnout, which has been effectively used with the NHS primary care for 6 years. It is cost effective, practical & popular with patients & health professionals alike.

Wednesday 8th June

***One Wimpole Street, the home of the Royal Society of Medicine,
London, W1G 0AE***

Session 1 starts 1.45 – 5.15 pm

This session explains the neurobiology of emotional dysfunction and resilience and introduces Positive Mental Training

Session 2 – 5.30 – 8.45pm

Builds on session 1 and further explores the concepts around emotional resilience and practicalities of treatment.

Cost £75/participant/session

Includes a copy of the programme

See website for more details on how to enrol

<http://www.foundationforpositivementalhealth.com/index.php/events>

Featured in Feb 2011 RCGP News:

http://www.foundationforpositivementalhealth.com/public/docs/RCGPNews_single_page.pdf