

Blog 2

The BodyMindfulness way to wellbeing in body and mind:

Take a deep breath.....feeling less stressed?

This is a proven path of coaching to help you to cope better with hard-to-explain bodily symptoms such as ME; fibromyalgia; IBS; chronic pain; fatigue; palpitations; tinnitus; skin conditions; back ache; head ache etc.

In The BodyMind Approach® courses as well as 12 sessions of group work there are individual coaching sessions, individual monitoring and non-face to face contact over 6 months post group. In as little as 2 hours over 12 sessions the participant is taken step by step through a carefully structured sequence of guided meditations and easy movement exercises.

Learn to master the proven techniques of a new method of bodymindfulness-based symptom distress reduction in this engaging course. Whatever the source of the distress whether it is the bodily symptoms themselves or work/family/financial/relationship pressures making them worse this new approach offers tools to feel more in control and attaining a new level of physical and emotional wellbeing.

Let your body do the talking! There are opportunities for self-reflection, gaining a new understanding and invitations to learn new coping skills and how to put them into action over the post group period.

Topics covered include:

- our relationship with and attitudes towards our bodies
- attitudes towards mental and physical distress
- the impact of distressing symptoms on the autonomic nervous system: what actually happens physiologically
- the freeze response, dissociation from our bodies and disempowerment
- stress-related dys-ease
- chronic pain - opening and closing the 'pain gate'
- somatisation - what happens when feelings are not felt
- the body remembers ... but how?
- recovery and hope - what can we actually do?

Who is it for?

- People with hard-to-explain bodily symptoms
- People with unexplained conditions such as headache,; backache; IBS; chronic pain; ME; fibromyalgia; skin conditions etc

You can self-refer or professionals can refer you, for example:

- GP
- Family/friend

- Counsellor/therapist
- Helpline volunteer
- Community psychiatric nurse
- Other health professional
- Social worker/Family worker
- Other social care staff

Your GP will be kept in the loop for confirming that the referral is suitable and at discharge.

Science shows that this approach works and people say that enjoy attending the groups.

Professor Helen Payne