



RESILIENT PRACTICE

C.A.L.M

Your Fears

Resilient Practice

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www.resilientpractice.co.uk

Introductions

- Karen
 - + GP/Trainer/Appraiser/TARGET Tutor/CD North PCN Doncaster
- Chrissie
 - + Physiotherapist/Psychotherapist/Hypnotherapist/NLP/CBT
- Resilient Practice
 - + Free resource
- C.A.L.M workshop
 - + Processing emotions in an effective positive way

A Meditation to Set the Mood

The Cognitive Behavioural Cycle

- Core beliefs
- Thoughts
- Feelings
- Behaviours
- Outcomes
- Influences
 - + Challenge and Reframe beliefs and thoughts
 - + Process emotions
 - + Select positive behaviours

C.A.L.M

- Connect
 - + Where do you feel it – body scan exercise
- Acknowledge and Accept
 - + Name it
 - + Claim it
- Learn
 - + What is this telling us about our beliefs
- Medicine
 - + Breathe
 - + Reframe
 - + Clear communication
 - + Compassion
 - + Gratitude
 - + Humour

Practical Application - Examples

- When we have made a mistake
 - When we are irritated by others or a situation
 - When we have failed
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- + Connect
 - + Acknowledge and Accept
 - + Learn
 - + Medicine

***A Meditation to Bring us Back Into
Balance***

What Next

- Use the tool
- Use the website and its resources
 - + www.resilientpractice.co.uk
- Talk to us
 - + info@resilientpractice.co.uk
- Look for more courses
 - + RCGP
 - + SYB Workforce Hub
 - + Maxcourse

