

## **Resilience Training and the NHS compassion crisis.**

To work in health-care is a privilege, but one that comes with predictable stresses for, as the research evidence shows, health workers' wellbeing often suffers as a consequence. Advances in neurobiology and a growing understanding of the therapeutic relationship already show that the 'art of medicine' has scientific foundations. And that individuals and organisations committed to service and healing are safer, achieve better outcomes, and have lower sickness absence and complaints rates.

David and Bruce will highlight the evidence-base for practitioner self-care, introduce some recent projects and ground-breaking approaches to staff well-being based on the psycho-physiology of heart-centred practice.

*Dr David Reilly was until last year the Scottish Government's National Clinical Lead for Integrative Care. He leads the Healing Shift Enquiry exploring healing process and wellness enhancement. His ideas have been adopted as the core of the Fifth Wave document exploring future Public Health in Scotland.*

*Bruce Cryer is Global Director of the USA's Heart Math Institute. Its research into heart rate variability biofeedback has opened a window into the physiology of mindful presence. HM's practical ways of tracking the relaxation response in real-time are the foundation of courses for practitioners - including staff programmes as far apart as in Kaiser Permanente in the USA and London's Barts NHS Trust. Their aim is to build compassionate health-care environments 'from the inside out'.*

Monday June 10<sup>th</sup> 11-430  
University of Westminster 115 New Cavendish St  
Fourth floor Copland Building  
Maximum of 35 participants. Please book early.  
Course fee £60 including sandwich lunch.

Email to [info@resilienceuk.co.uk](mailto:info@resilienceuk.co.uk)  
Subject line: resilience workshop  
We will email you with instruction on how to pay.

The workshop is a Westminster Centre for Resilience, College of Medicine and British Holistic Medical Association event.