



THE BRITISH HOLISTIC
MEDICAL ASSOCIATION

resilience in healthcare

ENERGY, COPING AND HEALING

The BHMA's annual conference will take place on **Friday 2 December 2005** at the new Postgraduate Medical Centre in Brighton followed by a series of optional practice-based workshops on the morning of **Saturday 3 December**.

Developing approaches to whole person care

High levels of change and uncertainty are a fact of 21st century life. How users and providers of healthcare deal with them will influence well-being and demands on healthcare systems. The government's health policies place ever more emphasis on self-management and choice. Can we predict the choices to be made in the decade to come?

About the conference

Human resilience depends on much more than the immune system. All the body's systems are involved; mind and spirit play their part too. Trauma, unremitting stress, despair, rage, loneliness, even boredom can run down the self-healing system; diet, exercise, deep relaxation, enthusiasm and altruism can charge it up. The mainstream will have to harness the potential of self-healing and learn how to build resilience. So what are the latest ideas about this crucial challenge for 21st century healthcare? What news from the frontiers of health creation practice?

This conference will explore tomorrow's healthcare, a broader understanding of health creation and the increasing part to be played by holism.

Learning outcomes

Friday 2 December

Presentations will show you:

- new ways of understanding mind-body research and the neurobiology of resilience
- ways of boosting resilience in palliative care
- ways of boosting resilience during organisational change
- resilience skills for frontline hospital staff
- how patients build resilience in their search for health.

Workshops will introduce skills in:

- practitioner strategies for work-life balance
- resilience for medical students
- ways of enhancing resilience in nursing
- participation, empowerment, engagement
- guided imagery and relaxation
- mindfulness-based stress management.

Saturday 3 December

Optional morning workshops will give you more time to explore:

- how values enhance resilience in practitioners and healthcare organisation
- resilience and trauma
- resilience and the therapeutic relationship
- resilience and happiness
- NLP approaches to enhanced communication in healthcare.

Who is the conference for?

The conference will be of interest to the full range of healthcare practitioners including GPs, nurses, professions allied to medicine, psychologists, doctors in all specialisms, CAM practitioners, managers, healthcare commissioners and providers, researchers and academics in the field.

About the BHMA

The BHMA was formed in 1983 by a group of medical doctors and students. It is an organisation for professionals and members of the public who believe in and want to adopt a more holistic approach in their own life and work, and share the vision of a more holistic healthcare system.

The event's exhibition

An important element of the event will be an exhibition reflecting the range of organisations which form part of the healthcare landscape. Exhibiting at the conference will be:

- healthcare providers
- service providers
- voluntary organisations
- research companies
- networks and partner organisations
- media companies.



Sponsorship opportunities

Are you interested in sponsoring this event? Would you like to meet the delegates? Or perhaps promote your organisation by including promotional literature in the conference wallet? For further information on our cost-effective promotional opportunities please contact the BHMA on **01273 725951** or email **marketing@bhma.org**

keynote:

Enhancing Human Healing – Resilience and the Emerging Fifth Wave



David Reilly *Consultant Physician, Centre for Integrative Care, Glasgow Homeopathic Hospital*

"In my time I crossed bridges between apparently separate worlds, looking for common ground. So as I trained as a consultant physician and a GP, I examined 'alternative medicines' like homoeopathy and acupuncture. The mind-body divide has especially interested me, as well as the healing response and better ways to harness it. In my clinical work I try to be integrative of fragmented people and care, crossing the divides that so splits medicine. My work at Glasgow Homeopathic Hospital has contributed to creating the Centre for Integrative Care, developing and expressing new models of healing. As an Honorary Senior Lecturer in Medicine at Glasgow University and across the pond as a visiting Professor at Maryland University and faculty member at Harvard Medical School, I have worked as a teacher – mainly around creating better therapeutic process – and as a scientist – for instance doing controlled trials, and outcome studies and making new ideas – and I find this similar to my work as an artist (a writer and musician). I think medicine bridges these two worlds for me."

To hear more, come and take part in this fascinating and topical debate

Day One – Friday 2 December 2005

9.30am *Registration and refreshments*

9.45am *Opening of exhibition*

10.00am **Welcome and introduction to the day**

Professor Richard Vincent *Associate Dean, Brighton and Sussex Postgraduate Medical School*

10.15am **Keynote session: Enhancing human healing – resilience and the emerging fifth wave**

David Reilly *Consultant Physician, Centre for Integrative Care, Glasgow Homeopathic Hospital*

11.15am *Refreshments*

11.45am **Resilience and palliative care**

Peter Mackereth *Lecturer and Practitioner in Complementary Therapies*

12.15pm **Resilience and organisational change**

Kathy Kane *Director of Service Design & Modernisation, Guy's & St. Thomas' NHS Foundation Trust*

12.45pm **Enhancing resilience from the start – a programme for junior doctors**

Dr Beth Griggs *GP*

1.15pm *Lunch & exhibition*

2.15pm **Finding our own resilience: a personal account**

Sue Pembrey *Facilitator, Mistletoe Workshops (Ex-director, Centre for Nursing Development, Oxford)*

2.45pm **WORKSHOPS**

A Therapist resilience: how can we balance work and home life without going crazy?

James Hawkins *Physician and Cognitive Therapist*

B Resilience and natural hormone replacement

Sue Pembrey *Facilitator, Mistletoe Workshops (Ex-director, Centre for Nursing Development, Oxford)*

C Participation, empowerment, engagement

Bob Sang *Independent Practitioner in Health Care Improvement*

D Caring for carers: enhancing resilience in CAM private practice

Sarah Whittaker *Homeopath, Phoenix Homeopathy*

E Mind/body resilience: the role of hypnotherapy

Ursula James *Honorary lecturer, St George's Medical School, London*

F Resilience in nursing

Frances Bassett *Nurse Tutor & Dr Craig Brown GP*

G Mindfulness & stress management

Emerald Jane Turner *SRGT Stress Reduction Consultant, EJT Associates*

4.15pm **Closing remarks**

Professor David Peters *Clinical Director, University of Westminster School of Integrated Health*

4.30pm **Refreshments & exhibition**

An opportunity to meet the BHMA trustees

5.00pm **BHMA ANNUAL GENERAL MEETING**

SOCIAL EVENING AT SUSSEX ARTS CLUB

To give delegates and BHMA members an opportunity to meet on a more informal basis an evening reception will take place at the **Sussex Arts Club, 7 Ship Street, Brighton.**

Day Two – Saturday 3 December 2005 (optional)

9.30am *Registration and refreshments*

10.00am **Welcome and Introduction to the day**

A series of workshops will take place following on from the previous day's theme of *Resilience in healthcare: energy, coping and healing*. Details to follow.

12.30pm **Closing remarks**

Accommodation

Accommodation is not included within the two-day rate. However a special discount has been arranged at a number of hotels. Please indicate on the booking form if you require accommodation. For further information please contact Diana Brown on **01273 725951** or email **admin@bhma.org**

