

You're about to listen to the Emotional health workshop run by Dave Tomson and Keith Birrell.

But before you commit to listening to this session you are likely to want to know: is this workshop for you?

To help you decide: Here is some feedback from our participants and reviewers regarding this session:

The session was very useful and thought-provoking. The discussions relating to functional disorders was particularly challenging.

It was a very interactive session. Our learners felt that the tutors were experts and experienced. Learners were provided with tools that can be applied to their challenging patients.

The audio recording of Tessa and her role-play script, was very fresh and rewarding to play. Learners were provided with good substrate for understanding how to keep structure in an emotional health consultation.

There was a good illustration of how to use touch and go empathy.

It was helpful to see the structure of the consultation in colour.

We left the workshop wanting a further in emotional health from these tutors.

Who is this session aimed at?

This session is aimed at all levels of GP registrar and at any GP who wishes to improve their communication skills.

So what skills will you learn in this session?

After this session I will be signposting partnership rather than inviting patients to let me solve their problems. In future I will be asking what the patient would like to discuss today, rather than what can I do for you.

I will be better able to be a conductor of the consultation knowing how to control the consultation and be time efficient.

I will be more aware that it is sometimes not possible to fix a patient. I plan to pass the hat back to the patient to allow them to take responsibility for change.

I will be able to explain persistent physical symptoms.

How to assess suicidality.

The session covered my needs regarding suicide.

I learned how to explain persistent physical symptoms to patients.

We learned helpful tips for looking after ourselves.

There are 30 audio segments in this workshop. The first audio segment is a consultation with Rachel about stress.