

Emotional health workshop

Dave Tomson and Keith Birrell help our learners to improve the way that they consult with patients with emotional health needs. We ensure that your consultations are organised, realistic and safe. We will excite you to be confident in dealing with mental health issues. You will avoid being overwhelmed by emotional health consultations and you will avoid inviting the patient to get you to solve their problems. Touch and go empathy can allow you to park an important problem whilst prioritising the big picture. We talk about suicidality. We give you tools and language for dealing with functional illness. We share that it is OK not to have an answer to every mental health issue. You will be able to pass responsibility back to emotionally unstable patients. We also talk about looking after ourselves.