

Courses you can host in your area, for your staff teams and networks

Calming Measures

Courses for those working with adults experiencing anxiety (2 days)

Overview

Anxiety has profound effects across all aspects of our lives - the way we move, rest, think or act. It may limit or influence our choices or, at times, totally overwhelm.

This course takes a fresh look at a range of simple techniques for helping the people you work with to develop greater physical and emotional ease – breathing new life into methods you may already be using (especially relaxation techniques) and offering some new activities. With theoretical underpinning.

NB: Not designed for those working with people who have dementia.

The course will enable you to

- begin to integrate a new approach and new activities into your existing practice
- deliver existing activities (especially relaxation techniques) with more confidence and purpose

Style of the course

Practical work. Small and large group discussion. Printed handouts.

The course is essentially practical. Participants will try out a range of movement activities for themselves and be encouraged (in small groups, and whole group discussion), to reflect upon the experience. There will be opportunities to share ideas and approaches between participants as well as with the tutor.

Printed handouts will be provided as memory aids, and to help participants to share what they have done with colleagues.

Who the course is for

Activity organisers, carers, community and practice nurses, midwives, occupational therapists, physiotherapists, support workers.

Course Content

The course offers:

Theory:

- a framework for understanding the physiological processes that take place in the body in a state of anxiety and tension

Practical activities:

- participation in movement activities which develop a deeper, felt understanding of the effects of anxiety and ways to relieve stress and tension
- breathing new life into a range of relaxation techniques and approaches by trying them and working with them

- learning a range of ways to work simply and creatively with anxiety in the midst of everyday life
- identifying ways that new knowledge and understanding gained on the course can be used in your setting / with your clients

Attendance and certificate

A certificate of attendance is given to those completing the two days.

The tutors

Elizabeth Coleman – senior physiotherapist specialising in mental health.

Paul Beaumont - specialist movement practitioner with a background in mental health work.

What to wear

Participants need to come ready to move – loose, comfortable trousers for preference.



Hosting this course in your area

To discuss hosting the Calming Measures course in your area contact **Linda Neary**
tel 0113 236 3344 email linda@jabadao.org

About JABADAO

JABADAO is the national advisory agency that helps people think radically about the role of physicality in child development, education and lifelong wellbeing.

For further information about JABADAO visit www.jabadao.org

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