



# Holistic approaches to symptom management in specialist palliative care

## Traditional Therapy Training

**Skill enhancement - 1 day**

**Pre requisites:** None

**Price:** £280 per day (maximum 4 learners attending)

Booking is secured on completion of application form and on receipt of deposit.

Learner profiles for each person attending should be completed at time of booking



### **Module 2-Guided visualisation to calm the mind and provide distraction from symptoms and anxiety.**

**Onsite workshops for 6-12 learners** - £70 per learner per day for first 4 then £40 per learner per day there after

During this module we will explore how we utilise description of the senses to provoke imagination, the use of tone and the power of words to guide the mind.

#### **Theories:**

- What is visualisation and why it is used in specialist palliative care
- Developing the use of description in relation to the senses.
- The use of tone and pace during communication.
- Connecting with the subconscious.
- Structuring suggestion.
- Planning and delivering a guided visualisation
- Safety surrounding the use of visualisation

By the end of the session you will be able to reflect on how these elements impact on general communication and will have practised creating and delivering a guided visualisation.