Minutes of workshop 5.11.13

Attendees:
Sam, Tony, Zoe ,Lyndon ,Alka, Latha, Sharon, Anup, Muz, Laurence, Gill, Daniella, Anita, Ashok.
Apologies: Phil, Maria

Business meeting:

1. Go back to Joanne Reeve and ask for a specific plan which we can then bring back to the workshop.

2. Re: Local educator networks. In principal we would like to be involved in the proposal although the nature of the commitment is unclear currently.

3. The CP training- can it be a joint session with the vts facilitated by Prashant Desai and his team probably for July.

Sam led a workshop on CBT.

My main learning points were:

Ask the subject to summarise the difficulty.

Then ask the subject to focus on a specific incident and ask about thoughts:

“When did you notice the negative feelings?”

“What was going through your mind?”

“What did this mean for you exactly?”

Summarise the “thoughts” above. Then ask about behaviours:

“How did you behave”

Write down the above as you go along and then ask:

“Tell me what you make of this now?”

In place of small groups we had a discussion stimulated by Lyndon about the expectations of GPRs in end of life care.

Next workshop on encouraging reflection is on 14.1.14 to be led by Yvette and Lyndon.

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