

WEBINAR



BREATH-BODY-MIND INTEGRATION

(Foundation Level)

11 March 2022

Webinar: 11:00-16:30

£110

Course programme, further details and Bookings via website
www.sobelleducation.org.uk





Facilitator: Kate Binnie

This course is for healthcare professionals and therapists interested in broadening their skill set and developing a practical holistic approach to helping patients with common and difficult system “clusters” that are acknowledged to be bi-directionally affected by emotion and suffering (e.g. breathlessness-anxiety & pain-depression-fatigue).

The skills taught may be used to support patients and families with self-awareness and self-management of stress and aim to improve professionals’ confidence to rely on themselves as a vital clinical tool. Self-care will also be addressed so that attendees leave the day feeling relaxed, refreshed and inspired!

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