

MANTRA

REKINDLE YOUR HEALTHY FLOURISHING SELF AS A MANTRA THERAPIST

One day workshop to help you connect with and be guided by your
Healthy Flourishing Self as a MANTRA therapist

Online workshop, Thursday 17 October 2024
9.30am - 4.00pm



Facilitators: Mary Franklin-Smith
and Helen Startup



As a MANTRA therapist you will spend time and energy guiding your patients to trust their Healthy Flourishing Self (HFS) enough to step back from their Anorexia (AN). You are likely extremely busy, working in a pressured environment, with a to do list as long as your arm, as well as juggling all that arises in your personal life. We believe that to be truly connected to our patients; we need to be truly connected to ourselves.

This one day workshop will offer you a space to recharge and reconnect with yourself as a therapist to enable you to work in a more connected and embodied way with your patients. The workshop will introduce experiential ways of working to deepen your connection with your HFS. All ways of working will be valuable both in your self-to self relationship and in your relationship with your patients.

Mary and Helen will blend their experience as MANTRA therapists and in Schema Therapy and Drama Therapy to offer you a unique way to approach and understand how you can harness you HFS to deepen your clinical work.

Delegates will:

- Have space to talk about the challenges and hurdles of working in a connected way delivering MANTRA
- Learn about the features of their own HFS in role as therapist and the enablers and barriers to connected clinical work
- Learn and practise experiential ways of working to deepen their own connection with their HFS and to deepen connection with patients.

Anyone working in the field of Eating Disorders is welcome. Some experience and exposure to the MANTRA model is useful.

£175 per person, 20 places available. For more information and to book a place contact support@lightofmind.co.uk