

THE NATIONAL COLLEGE OF HYPNOSIS & PSYCHOTHERAPY FACULTY OF DEMENTIA

Newsletter Issue 1, November 2009



Best Practice Workshop With Drs Dan Nightingale & Simon Duff

During the weekend of 7th and 8th November 2009, Drs. Daniel Nightingale and Simon Duff facilitated the Best Practice in the use of Hypno-Psychotherapy in Dementia CPD course at The Beeches Care Centre in Nottingham.



Drs. Duff and Nightingale

Students included both graduates and undergraduates of the National College.

This is the second group that have undergone this training and I would urge those people that did the first course to contact me in order to ensure your name goes on the list of Faculty of Dementia members.

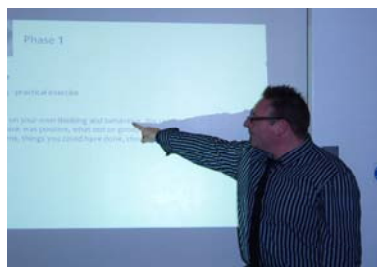
The students spent the first day on theoretical issues before taking away homework which allowed them to look at the Duff-



Interactive Group Exercise

Nightingale Procedural Technique. On day 2 we discussed use of the paperwork, the importance of a thorough assessment inclusive of in-depth life story work and then it was out to meet their individual clients. The morning saw them carry out the assessment before we re-grouped and discussed outcomes.

After a fantastic lunch, students returned to their client to offer therapy in the



A rare event – Dr Dan working!

safe form of CRC. Again, we regrouped and discussed outcomes and findings.

We all felt the weekend was a complete success and we hope to offer this course, to a



Group photo (missing, Dr. Susan Rattray)

maximum of 8 per course, on a quarterly basis. So, if you are interested in doing this course – and we would urge every one of you to seriously consider it – please contact Fiona or Shaun at the National College to register your Interest.

“This course was given an overall feedback score of 9.98 out of 10 .

Now that is a first!”

Fiona Biddle

Feedback from a relative

This email was received by Dr Dan from the wife of a client he is treating with a course of hypno-psychotherapy. The client presented with: (a) At mealtimes, he would finish first, take everyone else's plates away and insist on serving desert and (b) at 9pm every night, he would get up from his seat, turn off the television and go to bed without saying a word to his wife, who would be sat watching the TV at the time! This email was received after session 1 of active therapy:

"I felt stressless for the first time in ages... Thank You"

"Hi Daniel, just to let you know we had the most pleasant calm evening meal in years. I served the dinner and when he had finished he put his plate in the sink, returned to the table and waited until I had finished. He remained seated while I put my plate in the sink and served up the apple crumble which I had made earlier. We both ate it and I finished first!!!"

I asked him if he wanted a cup of tea, he said yes. We then took our drinks through to watch television which he seemed interested in. We watched Corrie then played rummy cub for half an hour then saw the second part of Corrie.

9 O'clock came but he actually said he was going to bed instead of just clearing off. He was so much calmer and I felt stressless for the first time in ages. I want to thank you so much. Even if there is no more improvement it is so much better. I will keep him up with the deep breathing .until we see you on November 16th. Thank you again "

Recent Focus On A Reduction In Medicines Use

Some of you will have seen the media interest relating to the over use and reliance on neuroleptic medicines to treat the Behavioural and Psychological Symptoms in Dementia (BPSD). Alternative approaches based on non-aversive techniques are being actively sought.

If we, as a profession, and in particular members of the Faculty of Dementia, were able to canvass PCT's and provide case studies relating to our work, this would be one way of being able to encourage NHS funding, thus GP referrals may be begging to happen!

Always a Last Resort, the government paper relating to this matter, is attached – I'm sure you will find it a very interesting read!

Comments From The Workshop

"Simon, many thanks for the material – and for an illuminating weekend. I was especially glad to have your feedback on Sunday – without it I might have given up"
Dr Sue Rattray

"Thanks for all the info and for the course, thought provoking, new challenges, new ideas, good food and not forgetting the laughs along the way" ***Sue Howard***

"I found the dementia course both informative and thought-provoking. It struck the right balance between theory and practice giving me invaluable insight and practical experience of working with those living with dementia. I look forward to going on to build on the skills and insights I gained from the weekend" ***Mandy Pearson***

"I thought I would say how much I enjoyed your recent weekend course on hypnosis with people living with dementia. I thought it was very well presented and it had a great mix of theory and practical work. It certainly gave me a much better understanding on the subject of dementia. I also particularly liked the fact that it was based within a care home environment as it added a great deal to my overall learning experience. I consider it to be a hugely worthwhile area within hypno-psychotherapy and I would strongly recommend the course to other students" ***Simon Nielson***

"I thoroughly enjoyed the dementia course and found it to be both inspirational and informative. It quickly became apparent the positive impact a trained and committed hypno-psychotherapist can have on the quality of life of a dementia client and it is certainly an area I will be looking to work in, in the near future. Thanks guys " ***Janet Hill***