



# M.E. and Chronic Fatigue Syndrome

Learn how to help treat M.E. and Chronic Fatigue Syndrome with **Bernadette Jaye** on this one day training course.

These debilitating conditions have puzzled doctors for decades. There is now research showing techniques that can help alleviate these conditions. This exciting one day course teaches you the most effective researched strategies to help your clients regain their full functioning.

We will be covering:

- ❖ **Psycho-education:** Helping the client to understand the effect the mind has on the body during these conditions. We will cover the: adrenalin spiral; Necker cube; expectation error; ACC and activating wellbeing; disparity between our perception and reality
- ❖ **Self-awareness:** The client needs to become aware of the personal triggers which activate their condition and the protective mechanisms they've employed which maintain the condition
- ❖ **Shifting mind-states:** Integral to success is the capacity to change mind states and the body's physiological response. We will take our time to practise these techniques so that they feel familiar
- ❖ **The debates:** We will cover the history of M.E. and Chronic Fatigue; the different treatment modalities and contra-indications

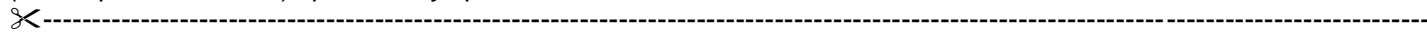
### Dates and Venue

14<sup>th</sup> July 2012  
Central London venue to be confirmed

### Cost

£110, split between a £35 registration deposit and £75 on 14<sup>th</sup> July 2012

*Please note that, in order for training days to accrue towards your DHP and/or MCH (as applicable), you will need to attend the entire course. Please also note our 21-day cancellation policy, under which cancellations will be accepted (and deposits refunded) up to 21 days prior to the start of this course.*



## ENROLMENT FORM (M.E. & CFS Course – 14.07.12)

Please send to: The Institute of Clinical Hypnosis, 28 Tantallon Road, LONDON, SW12 8DG

Surname:	First Name:	Title:
Address:		
Post code:	(Tel Day)	(Tel Mob)
E-mail address:		

**Payment method** – please tick and complete either Section 1 or Section 2 below:

- 1  I enclose a cheque, payable to ICH, for £.....; **or**  
 2  I wish to pay by debit/credit card<sup>(Note 1)</sup> and my details are as follows:

Card type:	Card issuer (eg HSBC):
Card number:	
Your name and initials (as they appear on your card):	
Start date:	Expiry date:
Security No <sup>(Note 2)</sup> :	Issue number (if applicable):

SIGNATURE: ..... DATE: .....

- 1 Please note that a surcharge of 2.65% is payable on all credit cards. There is no additional charge if you pay by debit card. We accept Mastercard, Visa, Visa Debit, Visa Electron, Maestro and Solo. A receipt will be sent to you by post if you pay by debit/credit card.
- 2 This will be the last 3 or 4 numbers on the reverse of your card, on the signature strip.