

## ***Is this workshop for you?***

This is what our participants said after the session:

- Useful and thought-provoking topics and discussions especially over functional disorders.
- Interactive sessions.
- Supportive but challenging.
- Expert and experienced tutors. Providing tools that can be applied to our challenging patients.
- Tessa fresh and rewarding to role play.
- Good substrate for understanding how to keep structure in an emotional health consultation and illustrating touch and go empathy.
- Helpful to see the structure of the consultation in colour.
- Left us wanting a further session on emotional health.

## ***What skills will you learn?***

- Consider explaining why patients symptoms are happening – importance of phrasing.
- Consider what I can do to help– i.e. if an explanation will be helpful or therapeutic.
- Clearer points on assessing suicidality.
- To be able to explain persistent physical symptoms.
- Not to invite problems, i.e. rather than asking “what can I do (for you)?” to ask “what would you like to discuss today?”
- To be aware sometimes we can't fix.
- To be a conductor of the consultation. Control the consultation, be time efficient.
- Session covering my needs regarding suicide. I felt concerned about the change of my assessments keeping structure was well presented. I will follow that structure. Persistent physical symptoms was great. I learned about how to explain persistent physical symptoms to patients.
- Give the hat back! If you are trying really hard with a patient who has a personality disorder: give the hat to the patient to denote responsibility for change. Don't write the whole management plan yourself. Ask the patient what we should do.
- Let patient have the opportunity to analyse how they're thinking / ceiling, what they've done so far to help and what they could possibly do.
- Touch and go empathy.
- Show patients you believe them in medically unexplained symptoms. The feelings are real!
- It will change how I perceive the functional problems and how to explain it to the patient.
- Helpful tips for looking after ourselves.