

# NEUROSCIENCE OF HEALING



## **FIVE DAY, PERSONALISED, ONE-ON-ONE RETREAT FOR PROFESSIONAL AND PERSONAL DEVELOPMENT**

### **Introduction**

Many surveys show very high levels of burnout among medical specialists, including the Association of Salaried Medical Specialists (ASMS) report of 2016 showing that 50.1% of all respondents had symptoms of burnout. The highest rates of burnout were for female specialists between the ages of 30 and 39, of whom 70.5% had symptoms of burnout.

While these figures are alarming for the health and wellbeing of our medical workforce, there is little understanding in the medical profession about the impact of emotional trauma on mental capacity, emotional reactivity, chronic stress, and risk of chronic illness and addiction. All of these factors impact severely, not only on the lives of doctors but also on the quality and safety of patient care. An understanding of trauma also transforms our approach to patients with chronic physical illness, chronic pain and addictions.

This program draws on the latest advances in the neuroscience of trauma, of interpersonal connection, of compassionate caring and the human capacity for healing. Participants are guided through a process of self-healing to remove neurally encoded trauma and to heighten their capacity to respond mindfully to stressful situations, rather than struggle with emotional reactions and stress responses. Evidence-based positive psychology tools are used to enhance personal strengths, align values and allow greater self-compassion.

The outcomes include:

### **Practitioner benefits**

- Rapid reduction in negative emotions such as anxiety or anger
- Dramatic reductions in personal stress
- Removing the blocks that prevent fully engaging in life
- Enhanced interpersonal relationships
- Understanding the critical difference between empathy and compassion and how to protect oneself from vicarious traumatization
- Heightened self-compassion and self-worth
- Enhanced ability for self-care and healthy lifestyle choices
- Aligning personal values and life choices, in private and professional roles
- Appreciation of personal character strengths and enhanced resilience
- Deeper meaning in personal and professional roles

### **Patient benefits**

- Insights into the way emotional trauma can cause chronic illness, addictions, and chronic pain in patients – and how these can be reversed
- Enhanced skills in rapidly building rapport and trust with patient
- Greater understanding, non-judgment, caring and compassion for patients
- Enhanced patient trust and positive engagement with treatment
- Improvements in clinical outcomes
- Techniques for the rapid relief of patients' distress
- The potential to cure chronic illness and pain conditions
- The potential to cure severe emotional trauma, PTSD and anxiety disorders

### **Program Facilitator**

Dr Robin Youngson, MA MBChB FANZCA, is a recently retired anaesthetic specialist, a trauma therapist, and Certified Havening Techniques® Practitioner and Trainer. He is an internationally renowned leader and campaigner for compassionate healthcare, who has shared his work in fifteen countries. His book, *'TIME TO CARE – How to love your patients and your job'* is published in Dutch, German and Hungarian. He has held senior leadership roles in DHB's and has experience in supporting and coaching senior doctors who have professional difficulties or health issues. Robin was a pioneer in patient safety and an advisor to the NZ government and the World Health Organization, helping establish the NZ national frameworks for quality improvement in healthcare.



In 2016, he was given the highest prize of the New Zealand Medical Association, the Chair's Award, in recognition of outstanding contribution to the health of New Zealand.

He now practices in a clinic offering rapid healing for clients with emotional trauma, PTSD, depression, anxiety disorders, phobias, relationship difficulties, and chronic pain. He is a certified trainer in Havening Techniques and recently ran the world's first training course exclusively for doctors.

## The program curriculum:

This is an intensive, residential, one-on-one program of learning, healing and capacity building for individual senior doctors, delivered over five days. The program is tailored for each participant and the effects are life-changing. Many of our troublesome emotional reactions and stress responses are encoded in the brain as the result of emotional trauma. Medical training has often been described as brutalizing and dehumanizing and all doctors carry a burden of trauma. In addition, many of us are called into the healing professions because we know suffering from our own life experiences, and we feel a compassionate call to respond. We see the cumulative effects of this chronic stress in the high rates of physician burnout and suicide.

### Personal trauma

1. Understanding the detailed neural pathways and molecular mechanisms of traumatic encoding, and the erasing of traumatic memories
2. Learning how neurally encoded trauma leads to rapid emotional reactions, autonomic nervous system dysfunction, somatic symptoms (including chronic pain), and distressing memories
3. Exploring the pre-conditions for emotional traumatization and the impact of a vulnerable or resilient mental landscape
4. Understanding burnout from the perspective of the science of trauma
5. Diagnostic work to link current emotion problems, stress reactions, and relationship difficulties to prior life events and emotional trauma
6. Rapid healing of prior trauma through the use of Havening Techniques – which rapidly erases the emotional reactions, stress responses and somatic symptoms
7. Uncovering subconscious trauma and allowing it to heal
8. Teaching tools for rapid self-soothing and stress relief
9. Strengthening core beliefs, particularly a sense of self-worth and self-kindness
10. Reducing the drivers for addictive behaviours and poor lifestyle choices
11. Building resilience and emotional wellbeing (changes quantified with the Warwick Edinburgh Mental Wellbeing Scale)

### Compassion and burnout

1. Exploring the neuroscience of empathy, compassion and interpersonal connection
2. How compassionate caring protects us from burnout and gives us greater meaning and joy in our work
3. Daily practices to enhance compassion and wellbeing
4. The power of mindfully choosing our attitude
5. The remarkable science of how compassionate caring can powerfully enhance patient outcomes
6. Bringing deeper compassion and caring to our professional colleagues

### Positive psychology

1. The characteristic thinking styles of physicians and how we can use learned optimism to enhance our performance in every aspect of life
2. Identifying personal character strengths and aligning our private and professional roles with these strengths for heightened wellbeing and effectiveness

3. Identifying personal values and exploring the gap between our life habits and what we deem important in our lives – aligning values and actions for greater authenticity and wellbeing
4. Analysis of self-compassion and building skills in self-kindness, common humanity, and mindfulness to prevent over-identification with suffering.

### **Clinical supervision**

1. Integrating all of the above in clinical work with patients, approaches to healing, managing 'difficult patients', and dealing with adverse outcomes.
2. Follow-up supervision session via Zoom as practitioners apply their new-found insights and capacities in the personal and professional roles.

### **All-in-one program price**

The program is hosted in Raglan, New Zealand. The package includes accommodation in a self-contained apartment, nourishing home-cooked vegetarian food, one-on-one tutoring and healing, coaching and assessment over a five day period. Participants are given an extensive retreat handbook, including tools and assessments, and the evidence base behind the science and interventions. The complete package price is \$4,999.00 including GST.

### **Further information:**

See [neuroscienceofhealing.com](http://neuroscienceofhealing.com)