



## **Two Day Mood Management**

*Stress, anxiety and depression are exceeding epidemic proportions and within the current economic climate, the public sectors are feeling the strain more than most. With the average cost of therapy with a suitably qualified professional usually exceeding £1000 pounds, cost effective alternatives need to be made available to keep up with the demand.*

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## **Why the need?**

With these conditions passing epidemic proportions in the western world and more time being lost from work as a result of them; then any organisation which takes steps to prepare their staff or members from these almost inevitable difficulties gains the advantage.

Positive benefits include -

- Healthier personnel
- Less time lost from work
- Happier workforce
- Greater reliability
- Greater productivity
- Greater loyalty
- Massively increased motivation

## **Course Outline**

### **Two Day Mood Management**

#### **The Two Day Workshop.**

Using the tried and tested techniques of Mind Health Development model of therapy for groups, your staff will almost immediately learn how to think more positively, deal with the stress in their lives, find healthier coping strategies and raise their mood.

The workshop also shows people how they can avoid these difficulties in the future; almost immunizing people against these mental difficulties.

Ideal for small groups of people for whom time is a premium commodity, the two day intensive workshop can really prove to be a God send for anyone living in today's fast-paced society.

### Course Overview

- At the end of the course participants should:
- Understand why stress, anxiety and depression are so prevalent in the 21st century
- Understand how our mind adopts a negative thinking pattern when we become stressed, anxious and depressed
- Be able to explain why some people are more prone to stress, anxiety and depression than others
- Be able to utilise the tools of the Mind Health Development methodology to help change clients' thinking patterns to allow them to think more positively for reduced stress, anxiety, depression and increased self esteem.

Trainees will receive:

- An historical overview of why psychological illness is more prevalent today than ever before
- An understanding of the biological processes of anxiety and depression
- A thorough knowledge of the Mind Health Development model of cognitive behavioural interventions including:
  1. Use of Positive 'DVDs'
  2. Challenges to common thinking errors
  3. Problem solving skills
  4. Well Formed Outcomes
  5. Increased self awareness

### **The Course Methodology**

The methodology that forms the basis for this course is taken from the popular book 'Think yourself happy - The simple 6-step programme to change your life from within' by Dr Rick Norris.

The course will provide delegates with a unique understanding of how the mind works. Participants will acquire the behavioural and psychological skills that are necessary for greater Emotional Intelligence.

Each delegate will receive a copy of the book as part of the training.

### **Course Details**

Teaching methods will include the use of active learning techniques to encourage participation through discussion, case exercises, experiential activities and small group work.

## **Course Tutors:**

**The course has been developed by Glyn Morris and Dr. Rick Norris**

### Glyn Morris

Glyn is a Registered Mental Nurse and has a Diploma in Higher Education Nursing. He has over 18 years experience of working in a variety of clinical settings and has worked extensively in crisis resolution and assertive outreach. He specialises in mental health in the workplace and regularly delivers cognitive behavioural interventions to a wide range of clients in both individual and group settings. Glyn has extensive practical experience of working with Occupational Health and Human Resources departments in order to successfully rehabilitate clients who have suffered from stress, anxiety and depression.

### Dr Rick Norris.

Rick is a Chartered Psychologist working in both clinical and occupational settings. His clients include Hewlett Packard, Unisys and Milward Brown. He is a visiting Consultant Psychologist at the Manor Hospital in Walsall and is an honorary lecturer at the Institute of Primary Health Care at the University of Warwick. Rick is also a member of the Chartered Institute of Personnel and Development. He is the author of the popular book 'The Promised Land – a guide to positive thinking for sufferers of stress, anxiety and depression'.

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