



# Londonwide LMCs

The professional voice of London general practice

## PHP Reflective Practice Master Classes beginning 12 September 2015

Each Master Class helps individuals to identify both the organisational and psychological barriers to change and personal development. Participants will have the choice of attending one of the following workshops:

Mindfulness and stress reduction – this session will provide an introduction to mindfulness, covering how this technique can be used in everyday practice.

How to be a good enough GP – this session will be facilitated by a group analyst and will draw on group analytic methods to explore the stresses that participants experience in their work.

What can I do to improve my practice? – this session will help begin to examine how practice and organisational factors might be impacting on practitioners' health and wellbeing.

Cognitive and behavioural approaches to reframing problems – this session will be delivered by a practitioner with particular expertise in behavioural treatment methods and will focus on exploring and redressing maladaptive thinking.