

You are invited to...

'Working with people affected by cancer: the mind-body link'

A workshop for Complementary Health Practitioners, Nurses and other Health Professionals - with Dr Ruth Sewell

Dr Ruth Sewell: Ruth's specialism is psycho-oncology. She is the former Head of Education at the internationally renowned **Penny Brohn Cancer Care** organisation (previously known as **Bristol Cancer Help Centre** and home of the **'Bristol Approach'**). Ruth is Visiting Academic at the Peninsula Medical School, Exeter, Thames Valley University and the University of the West of England.

Ruth's PhD explored women's psychological and emotional responses to primary breast cancer and its treatment. She has appeared on **television and radio** and publishes in a range of professional and academic journals.

This one-day workshop:

- **Identifies** how you can be **a more effective practitioner** in helping, advising and supporting clients to maximise health levels in the presence of cancer or other serious illness.
- **Helps** you to understand the processes involved for the individual who is or has been affected by cancer and its treatment.
- **Identifies** the importance of the communication that takes place between the mind, emotions and the immune system (psycho-neuro-immunology).
- **Reviews** the function of the immune system, the nervous system and the stress/relaxation response and their roles in compromising or supporting levels of health and wellbeing during or following cancer treatment.

**9.30am-4pm Saturday November 17th, 2007 at
John Pounds Centre, 23 Queen Street, Portsmouth
£79 - includes buffet lunch**

For more details see www.healthypportsmouth.co.uk/page2.html or contact John Wolstenholme at mindbodyinfo@aol.com or call 07967 189 412

Sponsored by **HealthyPortsmouth.co.uk**

BOOKING FORM:

**'Working with people affected by cancer:
the mind-body link'**

DATE: 17th November, 2007 **TIME:** 9.30am – 4pm

VENUE: John Pounds Centre, 23 Queen Street,
Portsmouth PO1 3HN

Send the booking form with a cheque for £79 payable to 'John Wolstenholme':

John Wolstenholme,

9 Linden Road,

Romsey

Hampshire SO51 8DA

Tel 07967 189 412 mindbodyinfo@aol.com

There is also a postal booking form at www.healthypportsmouth.co.uk

You will receive booking confirmation by email or post. Please contact John by 3rd November if you have not received booking confirmation.

Early booking is advised

Cancellations: If for any reason you are unable to attend, please contact John as soon as possible. If written notice is received on or before 3rd November 2007 a full refund will be given. If written cancellation notice is received after 3rd November 2007 the right is reserved not to refund the fee, although efforts will be made to re-fill the place. If the workshop has to be cancelled by the organiser a full refund will be issued.



Please book me on Dr Ruth Sewell's workshop on Nov 17th in Portsmouth:

Name: _____

Address: _____

Tel : _____ **Mobile:** _____

Email: _____ **Occupation:** _____

Organisation/self: _____

PLEASE REMEMBER TO INCLUDE YOUR CHEQUE!