

You have found...

The 'Lost' Update



Powerful ideas and practical information to refresh your thinking and practise

An engaging and thought-provoking two days of presentations and discussions to bring you up-to-date with topics that go to the heart of GPs' work as 'Expert Generalists': topics that drug reps, consultants or other update courses are unlikely to cover.

WHEN?

Wed 23 Oct 9:00 &
Thur 24 Oct 16:30

WHERE?

[Llechwen Hall Hotel](#)
Mid-Glamorgan
CF37 4HP

YOUR TRAINER

**Dr Andrew
Morrice**
BSc MBBS MD
MRCGP DipHGP



Andrew has been a GP for 20 years and has been actively engaged with the several of the areas covered by the Update for over 30 years.

The Human Givens approach, which underpins this teaching, has been an integral part of his practice since 2003. He taught on the Whole Person Care course at Bristol University Medical School for 15 years.

Through JoinedUpHealth and other organisations, Andrew continues to provide a variety of educational sessions and speaking engagements, all with his particular brand of enthusiasm.

Outside medicine, he is a keen dinghy sailor, gardener, and student of Tai Chi.

The course includes...

- Ways of cutting through the complexity of modern health care to focus on the things that will make the biggest difference across the board, genuinely empowering patients and avoiding medicalising their difficulties.
- How thinking, feeling, emotion and physiology are linked, the three main physiological emotional responses and their relevance to what we do all day, every day.
- How and why CBT works, despite being based on an out-of-date theory of brain function, why sometimes patients find it hard work, and where Mindfulness fits in.
- The basic principles to demystify the whole "micro-biome thing" and what this may mean for our practice in the future
- A guide to the trendy but potentially mystifying topic of 'chronic inflammation'.
- New insights into depression, new (and more satisfying) ways to respond to and help depressed patients, including an understanding of the role of inflammation in depression. And why this needn't be about prescribing drugs.
- And much more...



Watch this video of Dr Andrew Morrice and Dr Gareth Bryant, Deputy CEO of Wessex LMC talking about the merits of this unique CPD opportunity.

What your colleagues in Wessex said...

"Fascinating and unlike any other course."

"Really good to be away from the practice for two days to be able to focus on this vitally important stuff that is so often missed out. Thank you for running this course – it has felt like a breath of fresh air!"

"So many things learned or consolidated!"

"I have already [24 hours later] started to use some of the information gleaned from the course."

"A wide array of thoroughly researched information presented eloquently and with good humour. The group was encouraged to be very dynamic. I came away feeling refreshed both for myself and also with increased enthusiasm and some new insight and tools."

JoinedUpHealth courses are...

- Small scale and interactive
- Based on a balance of evidence, ideas and discussion
- Designed and delivered by GPs
- Free from industry influence
- Intended to clarify, refresh and reinvigorate

What to expect

You will need to bring only an open mind and relaxed attitude. Topics are returned to and developed throughout the course and so booking for both days is essential. To put it another way; the whole is greater than the sum of its parts and attending only one day will result in learning less than half what you would have learned over the two days!

You will receive

- A PDF of the slides and a reference list
- Tea/Coffee, light refreshments, buffet lunch on both days
- Early supper on the 23rd Oct.
- A beautiful view of the rolling hills and access to attractive hotel grounds.
- Membership of the JoinedUpHealth Colleague Forum which is intended as a space for delegates to raise questions, share learning and discuss the material covered on JoinedUpHealth CPD Courses. This is not a public forum but an extension of our learning process on the Course.

Timings

Day 1: Registration is from 09:00. The Course runs until 17:30 and will have included an opportunity to take a walk or rest after lunch. Early supper is provided, timings TBC.

Day 2: Starting at 09:00 and ending 16:30.

FURTHER INFO &
BOOKING