



healthcreation

# **Introduction to the HEALTH CREATION**



## **MENTOR TRAINING COURSE September 2010 – March 2011**





healthcreation

# INTRODUCTION TO THE HEALTH CREATION AND THE HEALTH CREATION MENTOR TRAINING COURSE

Thank you for your interest in Health Creation and in becoming a Health Creation Mentor. We hope this document provides answers to your main questions but please do not hesitate to contact us with any other queries on 0845-009-3366

The aim of this document is to introduce you to the goals of Health Creation and the role of the Health Creation Mentor, and then to tell you more about the Health Creation Mentor Training Course so that you can decide if it feels right for you.

## 1. What is the outcome of the Health Creation Mentor Training Course?

The Health Creation Mentor Training Course is designed to educate and train Health Creation Mentors to a level where they can safely and effectively provide the Health Creation Mentor Service, becoming able to support, encourage and guide those seeking to promote their health and prevent illness, from whatever starting point, on a transformational Health Creation journey to optimum health and well-being.

After experience has been gained as a Mentor, further opportunities include, giving introductory talks about Health Creation to groups or the general public. Some Mentors may also go on to become a Health Creation Consultant after taking a further training module, taking the Health Creation Programme into the organisations on a consultancy basis as our Health Creation in Business service. There may also be an opportunity later on, once sufficient experience has been gained, to become a Mentor Trainer.

After the training, to ensure maintenance of the high standard and consistency of our service Mentors are required to undergo regular continuing professional development, supervision and quality care evaluation. Mentors must attend our bi-annual review and training days in order to remain registered on our Active Mentor Register and must be in professional supervision.

## ABOUT HEALTH CREATION:

## 2. What is the Health Creation vision and mission?

The overall vision of Health Creation is to work towards the creation of optimum health for all within our society, changing over time, the emphasis in health care from passive, reactive disease management to that of proactive health creation, through the widespread application of the holistic approach to health.

The mission of Health Creation is to develop and provide Health Coaching, Consultancy and holistic health care products and for individuals, groups and organisations that enable them to become actively engaged in the creation of their health and happiness, whether they are currently suffering from illness or seeking to prevent it. Through our work, people experience their full potential in life, coming to experience high energy health and whole-hearted living.

### 3. Why is Health Creation Proactive so badly needed in UK society?

#### Currently in Great Britain

- 1 in 4 of us die prematurely of cancer and 2 in 4 of heart disease but these diseases are 75% life-style related and therefore preventable
- Smoking causes half of all premature deaths
- Excessive alcohol consumption causes 33,000 premature deaths a year
- 1 in 2 adults are overweight and 1 in 5 are obese
- Obese men are 33% more likely to die of cancer
- Obese women are at 50% greater risk of getting breast cancer
- Half a million people each year experience stress at a level that is making them ill
- Loneliness and isolation can cause depression of our immune systems and people who are lonely are more likely to become ill.
- Divorce statistics in the Western world point to a breakdown of emotional support in many families and consequent pressure on our health.
- A diet rich in animal fats and processed foods, smoking, stress, alcohol and lack of exercise are all contributory factors to these statistics

The NHS creaks under the strain of the ever increasing health burden and taxes soar to meet the demand of the public for more and more sophisticated healthcare to pay for largely self-inflicted illnesses. The government have now got the message that we must focus on the solution not the problem and have produced the Choosing Health strategy describing the optimal 'fully engaged' scenario in which people take active responsibility for their health. But as yet there are no delivery systems in place to achieve this and no signs of any coming through as the entire health budget continues to be spent on the Health Service. The Department of Health has described Health Creation as 'light years ahead of anything they are doing'.

Employers and insurance companies also pay the price of ill-health, absenteeism, drug and alcohol abuse and separately need effective ways to inspire their people and clients to establish sustainable healthy lifestyles.

The benefits of Health Creation Proactive are indisputable:

- Health Coaching creates lasting change because it tackles the underlying obstacles to true health
- Health Coaching is not only health enhancing, it is life enhancing
- Health Coaching gives us the means to take control of our own health and happiness
- Health Coaching is an antidote to 21<sup>st</sup> century chronic illness, tiredness and disease.

### 4. Why is Health Creation Coaching needed by those who are ill and those who care for them?

There is a growing body of evidence that patients of all kinds with chronic, acute and life threatening conditions benefit on many levels from psychological and spiritual support and self-help strategies both in terms of symptom relief, the ability to cope with illness or the treatments they are facing. This includes those with cancer, heart disease, obesity, diabetes, asthma, arthritis and many other chronic lifestyle related illnesses.

Case study and anecdotal evidence for the benefit of support and self-help services has been strong and the scientific evidence to support this approach has accrued over the last 2 decades.

In the cancer care field, this started with the work of Greer et al (1985) showing that those who demonstrated fighting spirit had up to a 60% survival benefit at 13 years over those who became helpless and hopeless. It was followed in the late 1980's with findings of Spiegel et al (1989) showing that the survival of those attending a support group doubled over those who did not receive such support. Fawzy et al (1993) also showed a decrease in the death rate of those with melanoma who received psychological support from 10% - 2% with a concomitant rise in the level of NK (white cell) activity.

Whilst subsequent studies in this area have had some conflicting results, there is a consensus that those who are depressed post cancer diagnosis do less well both psychologically and physically.

In the cardiac field the work of cardiologist Dr Dean Ornish has shown that support programmes offering a combination of healthy diet, exercise, stress reduction and emotional support actually reversed coronary artery disease. Of these four interventions it was found to be the emotional support and emotional expression which had the most protective effect.

Preliminary studies into the use of visualisation with people with cancer have also shown greater survival benefits for women with breast cancer than the combined effect of their chemotherapy, radiotherapy, surgery and hormonal treatment (Walker 1999).

In addition to the benefits of psychological support there is also evidence for the benefits for nutritional therapies, vitamin and mineral supplementation, and other mind-body approaches such as spiritual healing.

As well as the measurable intrinsic benefits of the many components of holistic cancer care, what is clear is that there is a huge reduction in psychological suffering when people with cancer feel able to take back a level of control and feel they are contributing to their own health and well being.

Dr Daniel's own study has shown that psycho-spiritual, self-help and complementary approaches give people with cancer the benefits of:

- 1 Transition from intense fear, insecurity and confusion to peace of mind, positivity and control together with a concrete action plan.
- 2 Transition from poor quality of life and poor symptom control to excellent quality of life and achievement of symptom control through natural means.
- 3 Transition from being a passive victim of cancer to an active partner with health care professionals in the fight against cancer.
- 4 The development of inner strength, peace of mind and the spiritual awareness to be able to make a conscious, dignified transition between life and death.

The Cancer Lifeline Kit and the accompanying Mentor Service is a genuine attempt to fill the information, support and self-management gap experienced by patients, providing the missing link in conventional cancer care, and potentially transforming the crisis of a cancer diagnosis into an opportunity for healing and self development and work with the Health Creation Programme will fill this gap for those with other serious illnesses.

Active work is now underway to research the benefits of the Cancer Lifeline Kit in terms of improvement in Quality of Life, prognosis and cost benefits by a high powered group of UK oncologists, psychologists and health economists under the direction of Professor Karol Sikora, and co-ordinated by Colin Greaves of the University of Exeter.

## 5. How do we achieve the Health Creation mission?

Our mission is achieved through Health Creation Coaching provided by our Mentors and Consultants who coach individuals and organisations through our programmes

The interactive self-help programmes written by Dr Rosy Daniel are:

- The Health Creation Programme
- The Cancer Lifeline Kit
- The Cancer Carer's Guide
- The Corporate Health Creation Programme

These products are combined with Health Coaching and Consultancy into our key support packages which are known as:

**Health Creation Proactive** – for those seeking to create optimum health, prevent illness or recover from illness, in which individuals receive the Health Creation programme and 3-6 months of coaching from our Mentors

**Health Creation Cancer Lifeline Support** – for those who have been diagnosed with cancer, in which individuals receive the Cancer Lifeline Kit and 3-6 months of coaching from our Mentors

**Health Creation Cancer Carer Support** – for the carers of those with cancer, in which individuals receive the Carer's Guide and 3-6 months of coaching from our Mentors

**Health Creation at Work** – for businesses and schools seeking to promote health and well-being in the workplace, in which organisations receive 6-12 months coaching from our Consultants and optional coaching for individuals from our Consultants and Mentors.

## 6. Who is the founder and 'leading light' of Health Creation?

Health Creation was founded by Dr Rosy Daniel BSc MBCh in 2000. She is a highly respected, internationally renowned, Integrated Medical Consultant who is catalysing a healthcare revolution in Britain. She is aiming through Health Creation to help reverse the epidemic of degenerative disease resulting from our unhealthy Western lifestyles, which she has seen cause so much preventable illness and heartbreak.

She has a vision of a society where health and *not* illness is the norm; where individually and collectively we all take the basic steps necessary to enjoy radiant health and happiness. Her message reaches out to Government, organisations and individuals. She passionately believes we can and must take charge now to avert the massive health crisis going on around us.

Dr Daniel addresses national and international conferences and seminars as well as being a regular broadcaster on radio and TV. Her opinions on health issues are sought daily by the media, government and healthcare think tanks. For over 15 years she was a doctor, then Medical Director at The Bristol Cancer Help Centre and is the author of 5 books on the holistic approach to Health Creation and now the Health Creation Programme and Cancer Lifeline Kit, which systematically allows individuals to address the health of their body, mind, spirit and environment. This programme starts by enabling people to understand their relationship to themselves and goes right on through to help them re-orientate their lives around their own authentic choices and personal fulfilment.

Grieved by the lives and hearts she has seen broken by cancer and heart disease in young people, and thrilled by the healing triumphs she has witnessed in the responsibly proactive, she now seeks to disseminate her 20 years' experience of holistic healthcare worldwide, and catalyse a Health Creation revolution.

Health Creation was set up in 2000 and the company started trading in 2003. The success of the company is based around her inspiring new concept of Health Creation Coaching.

## 7. What is Health Creation Coaching?

Health Creation Coaching is a new concept in coaching developed by Dr Rosy Daniel. The proposition is simple, yet very powerful. Health Creation Coaching marks a shift away from the information-based model of *health promotion* to a proactive and participative model of *health creation*. It is about guiding and supporting people to change self-destructive unhealthy lifestyles, behaviour and attitudes towards sustainable life-enhancing behaviours and a new vitality that is enduring.

The reason it works are two-fold – first because each individual receives individual attention from their coach to identify their state and needs, receiving the crucial encouragement and support to make healthy changes. Second, because it is based on the holistic approach to health, which gets right to the core of why we might be drinking, smoking or over-eating. Health Creation coaches understand the interaction of our states of our mind, body, spirit and the environment in which we live and work. Loneliness, stress, distress and feeling lost or dispirited can cause depression of the mind and spirit, and along with this immune collapse and self-destructive habits. To become truly healthy and to remain so, we need to be nourished at all levels of mind, body and spirit. We also need help to recognise how we sabotage ourselves and to identify any underlying obstacles in our path, being supported to confront and overcome them in order to experience lasting change, greater happiness and really good health.

Health Creation Coaching is performed by our Health Creation Mentors who work on a one-to-one basis with individuals, over a 3-6 month period using the Health Creation Programme, Cancer Lifeline Kit or Cancer Carer's Guide developed by Dr Rosy Daniel for this purpose.

## 8. What is the role of the Health Creation Mentor?

A Health Creation Mentor 'coaches' individuals through all aspects of the Cancer Lifeline Kit, Health Creation Programme and Carer's Guide providing clients with the crucial encouragement to keep going when it all seems too hard.

Over the difficult months following a cancer diagnosis, or other serious illness, Mentors coach individuals through the Cancer Lifeline Programme, or Health Creation Programme helping them to re-assess their state and needs on a monthly basis (or more often if required) and create and implement their own individual Health Creation Action Plan.

A Mentor is not a therapist but more of a guiding companion who will walk the cancer journey with their client, helping them to identify and fulfil their needs, developing and prioritising their core values in life and building successful coping strategies.

The Health Creation Mentor delivers:

- Health Creation Proactive
- Health Creation Cancer Lifeline Support
- Health Creation Cancer Carer Support
- Optional Mentoring as part of Team Health Creation at Work

## 9. What is the working relationship of the Mentor with Health Creation once qualified?

Once qualified, and once registered on the Health Creation Active Mentor Register, the trainee is a self-employed Health Creation Mentor. Entry to the Active Register involves signing a Health Creation Mentor Agreement which lays out all the understandings and requirements for practice. This is available prior to the training on request from the Health Creation Service Co-ordinator, Jo Slee on 01225-745737 or [admin@healthcreation.co.uk](mailto:admin@healthcreation.co.uk). Mentors also need to get insurance cover for their practice before they can go onto the Active Mentor Register, which costs circa £50-£100 per annum.

Thereafter the Mentor can build their practice in two ways,

- A Health Creation Mentor may establish an independent practice by recruiting their own clients. For this service they may charge £45 per hour
- A Health Creation Mentor may accept referred clients from Health Creation, for which they will receive a fee of £25 per hour. In this case, Health Creation will still charge the client £45 per hour, but will be required to pay £6.70 VAT per hour and will retain a fee of £13.30 per hour to help cover the cost of our Mentor administration and Helpline.

## 10. What are the Health Creation support packages?

Health Creation offers three basic support packages. These are:

**1. Health Creation Cancer Support** is designed to provide a complete support and self-management structure for people with cancer in order to help them:

- 1 Find the key information and resources they need to make treatment decisions.
- 2 Get the support and make the preparations they need to face their diagnosis and treatment positively.
- 3 Go on to achieve the best possible health and lifestyle thereafter, by rebuilding their health through the Health Creation Programme.

**2. Health Creation Carer Support** is designed to help carers understand the impact that cancer in a loved one is having on them to help them understand their own reactions and needs and create a personal self-help strategy. It is also designed to help them better understand the likely needs of the one they are caring for in order that they may be a brilliant carer.

**3. Health Creation Proactive** for those wishing to prevent illness and achieve optimum health and for those with chronic health problems such as heart disease, obesity, diabetes, asthma and arthritis who wish to improve their health. This involves providing coaching through the Health Creation Programme in the rehabilitation phase, once the period of acute illness or hospitalisation is over.

Health Creation is currently promoting the use of these support packages for use in hospitals and the first hospital to provide these services to patients is in Middlesborough under the management of HC Mentor Lynne Gray. We will also commence the offering of our services to all the patients of Professor Karol Sikora through Cancer Partners UK in 2009 and to the clients of Yes to Life charity in London.

## **ABOUT THE HEALTH CREATION MENTOR TRAINING**

### **11. What are the aims of the Health Creation Mentor Training?**

The aims of the Health Creation Mentor Training are:

- 1 To introduce the trainees to the Health Creation Mentor process; the Cancer Lifeline Kit, the Health Creation Programme and Carer's Guide and their application for people with cancer, their carers and all those seeking to promote health and prevent illness.
- 2 To promote an understanding of the nature of the role of the Health Creation Mentor, the practical aspects, procedures and appropriate conduct within the role and to provide the opportunity to acquire knowledge, develop skills and competence as a Health Creation Mentor.
- 3 To promote an understanding of the cancer journey of people with cancer and the cancer carer's journey and the needs, resources and different health care approaches available to support them; whilst providing an opportunity for the trainees to look at their own relationship to cancer, suffering and bereavement.
- 4 To provide an opportunity for trainees to embark upon their own individual Health Creation Programme with peer mentorship from fellow trainees and the support of the course leaders.

### **12. What are the Learning Outcomes of the Health Creation Mentor Training**

At the end of the course trainees will be able to:

- 1 Know how to use and apply all aspects of:
  - The Health Creation Programme, Cancer Lifeline Kit and Cancer Carer's Guide
  - The range of different health care approaches
  - The appropriate resources for people with cancer, their carers and those seeking to use the Health Creation Programme to promote health and prevent illness
- 2 Demonstrate ability to practice and apply competently the key Mentor skills of:
  - Reflective listening
  - Ability to help the client to elicit their state and needs and form health creation goals and action plans
  - Empowering clients in their self-healing process
  - Identifying and eliminating self-sabotaging beliefs and behaviour
  - Helping clients to take control of their health and health care
- 3 Have personally experienced their own individual Health Creation Programme and deepened their understanding of its application by providing peer mentorship to a fellow trainee.
4. Understand the illness journey of both those people with cancer, their carer's and those with other chronic illnesses, and recognise, assess and respond appropriately to changes in a client's medical, physical and emotional condition.

5. Know the nature and scope of the role of Health Creation Mentor and how to relate in an appropriate professional and compassionate manner in order to maximise the healing potential within the client/practitioner relationship.
6. Know the Health Creation Mentor process and the Health Creation Mentor Service Framework and the relevant practical policies and procedures involved in their delivery.
7. Understand the professional legal and ethical issues, which underpin the Mentor role. This will include the code of practice, boundaries and limits of competence of the Mentor.
8. Be fully able to deliver the Health Creation Mentor Service to the level of the Health Creation Quality Care Promise.

### **13. What is the philosophy of the Health Creation Mentor Training?**

The Health Creation Mentor course training is based on the following philosophy and key principles:

1. The holistic approach to health, which views the individual as a complex being with inter-related levels of mind, body and spirit and the environment. These 4 levels of being are used to understand the cause of illness, the needs of a person when dealing with illness and the potential pathways to recovery.
2. That the trainee is developed both as a resource themselves for their clients, and also as a link to all other appropriate, psychological, social, self-help, complementary therapy and spiritual resources.
3. The active partnership of individuals in their own health care both in terms of harnessing the understanding and self healing potential of an individual and in giving them dignity, respect and control.
4. That the client is empowered first at the therapeutic, then at the self help level to promote health at all levels of body, mind, spirit and environment.
5. The overarching ethos of our service is the giving of non-judgemental, loving support. We believe that this is the necessary catalyst to enable those in distress to help find their way out of suffering and to transform their crisis into an opportunity for self development and healing.
6. That we will build on the existing knowledge, skills and experience of the trainees whatever their starting point and relate the theoretical and practical content of the course to the students' life and personal situation.
7. That the course will be experiential in nature in order to encourage self development of trainees so that they are best able to guide others in Health Creation processes in their role as Mentor.
8. That the trainees will be both a resource and provide mutual support for each other within the training group.
9. Commitment to ensure that group agreements regarding confidentiality, personal boundaries and the Health Creation Code of Professional Practice are adhered to at all times.
10. That the course will help to facilitate the trainee's personal growth and positive health.

### **14. What is the course structure?**

The mentor training will take place on 4 weekends over 6 months, and will then continue at bi-annual Continuing Professional Development Training courses for the entire period that a Mentor is registered as a Health Creation Mentor.

## Pre-training Mentorship

To ensure the best results from the training we require all trainees to have three months of Health Creation Mentoring from Course Tutor Sue Caden. This is because it is far easier to understand the Health Creation Programme and mentoring skills if you have first experienced them for yourself. Upon enrolment for the course you will receive your Cancer Lifeline Kit and you will be mentored through the orange Health Creation Programme which is within it. Ideally it is best if this can start three months before the training, but even if started later, you will have the huge benefit of experiencing how the mentoring should be done by a professional Mentor.

The fee for this three months of mentoring will be £150 which will be separate from the course fee and paid directly to Sue who will call you once your kit has arrived to set you up for your first mentoring session.

Once on the course, you will then peer mentor (and be peer mentored by) a fellow student so that you can both build your own Mentor skills, modelled upon the personal experience you have had.

## Weekend 1

Trainees will embark upon their own Health Creation Programme allowing them to fully experience the benefits of the programme. They will also provide peer mentorship for a fellow trainee going through the programme in order to study the application of the Health Creation Programme.

During this weekend, the key Mentor skills will be introduced.

## Weekend 2

Focuses on the cancer journey – the needs, resources, and different health care approaches available for people with cancer as well as looking at the trainees own relationship to cancer, suffering and bereavement. It will also cover the application of the 'Cancer Lifeline Programme.'

During this weekend, the key Mentor skills will be explored in depth.

## Weekend 3

Focuses on the cancer carer's journey and needs and the application of 'The Carer's Guide.' Trainees will also focus on the potentially difficult or traumatic aspects of the Mentor role, learning how to navigate and cope with these successfully.

During the weekend we will study the Mentor Service Framework, becoming clear about both the professional and practical aspects of the Mentor role and service delivery.

## Weekend 4

Focuses on the assessment of the knowledge, skills, practical ability and personal readiness of trainees to deliver the Health Creation Mentor Service effectively.

During the weekend, trainees will have an opportunity to practise further the key Mentor skills in relation to provision of Mentor Services for those with cancer, their carers and those seeking to use the Health Creation Programme for the creation of positive health.

## Continuing Professional Development (CPD)

After the course the training of Mentors continues. Initially there is a pre-registration phase whilst the Mentor performs up to 10 case studies (and a minimum of 5) over at least 3 months per client. Once these have been successfully completed and checked, the Mentor can become fully registered on the Active Mentor Register.

CPD days cover the ongoing feedback and exploration from the work Mentors are doing and continuing development of knowledge and skills. They also offer the opportunity for peer support and celebration of achievement.

### 15. What learning strategies are employed on the course?

A variety of learning strategies are employed on the course. Techniques will include directed and self-directed learning, facilitator led sessions, seminars, group work, discussions, demonstrations, practical and experiential exercises.

Within the course there is a strong emphasis on experiential learning, and role-play is used both to demonstrate and facilitate understanding of all key needs and vulnerabilities encountered in Health Creation clients. In this way, trainees are able to practise elicitation of the client's state and needs in the situations they are most likely to encounter, and practise giving the appropriate response.

By embarking personally on the Health Creation Programme themselves and by peer mentoring a fellow trainee over the 4 months, trainees will experience both the Health Creation Programme itself and also practise the application of the Programme.

Emphasis is placed on using reflective learning. Emphasis is also placed on learning by exploring aspects of the student's past and current personal and professional experience. The training will also include self and peer assessment.

Group discussion will be used to encourage the trainees to identify knowledge, and understanding gained which can then be applied both personally and within the Mentor role.

The course has a requirement of 60 hours of private study, which is approximately 3 hours per week for the duration of the course.

### 16. How do we assess the Mentor Trainees?

All trainees will be assessed in terms of their knowledge, skills, practical ability and personal readiness to deliver the Health Creation Mentor Service effectively.

**Qualification** will be based on examination by:

- Submission of 3 written case studies
- Role play assessment
- Exam questionnaire
- Submission of a personal reflective summary
- Tutor evaluation

**Registration** on the Active Mentor Register will follow after successful completion of the probationary period involving completion of 5-10 study client cases. During the training each trainee is asked to recruit 10 volunteers who will be offered mentoring by a newly qualified trainee at £10 per hour. The volunteer will also be asked to pay a cost price of £40 for their Health Creation Programme meaning that they will receive a six month programme of coaching for £100 instead of the full price of £340. Usually these study clients are shared amongst the trainees to allow them to work with people they do not know personally. In this way trainees can go straight into practicing their skills after completing the training to gain experience and confidence. They will be invited to make a self-assessment of their work and we will also ask for feedback from the study clients. Having successfully completed this process, trainees will be eligible to register with Health Creation and receive referrals as well as recruiting their own independent clients.

## 17. What are the requirements for attendance and qualification

It is essential that students cover the required learning in all 4 training weekends in order to qualify. If a weekend is missed due to extenuating circumstances then trainees may attend the missed weekend on the following course, or arrange to catch up with the course tutors.

Acceptance onto the course does not guarantee qualification. Due to the great sensitivity of this work it is vital that those who qualify are able and confident to support, encourage and guide people at their most vulnerable time. Therefore Health Creation will take seriously the assessment of the readiness of a given individual to perform this role.

## 18. What are criteria for selection of trainees?

Trainees will be selected on the basis of:

- Their enthusiasm and commitment to the Health Creation mission and vision
- Personal warmth, wisdom and compassion
- Communication skills with counselling skills qualification or equivalent experience
- Holistic Healthcare experience and knowledge
- Illness experience professionally, personally or as a carer
- Emotional stability and good mental health
- Personal application of the holistic approach to Health Creation
- Ability to start and maintain a professional Mentor Practice
- Ability to be a good representative for Health Creation.
- A clean police record

## 19. What is the process of trainee selection?

To apply to become a Health Creation Mentor trainees must:

- Fill in an application form including signing to say that they understand and are able to comply with the requirements, terms and conditions of the course and return this along with a current CV to Health Creation. The form is obtained from the Health Creation Helpline – 0845-009-3366
- Have an interview with one of the Course Leader
- Once a trainee is accepted and signed up to do the course, they will receive their Health Creation materials and a list of the pre-course work so that they can get started straight way with their course preparation. They will also receive a call at this time from the course tutor, Sue Caden, to ensure that they know exactly what they need to do prior to coming to weekend one, and to arrange their pre-course mentoring.

## 20. Where does the training take place and what facilities does the venue have?



Bailbrook House  
Batheaston  
Bath  
BA1 7JD  
Tel: 01225 855100

Bailbrook House is a magnificent Georgian building on the edge of bath which doubles as a training centre and hotel. In addition to our main teaching room, extra rooms are available for group work, tutorials and self-directed study.

Lunch and refreshments are provided within the course fee and are of a very good standard. Special dietary requirements can be catered to with adequate warning direct to the Venue. Overnight accommodation is available here in single or twin rooms shared with another student or at local hotels and B&Bs, but must be arranged individually as required and is not included within the price of the course. There is also a spa and bar at Bailbrook that can be used by students at the end of the training days.

## **21. What is the duration of the course and when is the next course running?**

### **Training – 6 months**

The course is non-residential and will run for a period of 8 days during 4 weekends over a period of 6 months.

The 2010 course dates are:

Weekend 1 - September 11/12

Weekend 2 - October 16/17

Weekend 3 - December 4/5

Weekend 4 - March (2011) 26/27

### **Probationary Period – 6 months**

During the probationary period the trainees will take 5-10 study clients through mentoring for 6 months.

During and after this period there will be Continuing Professional Development (CPD) days, the first of which will be three months after the end of the course when the trainees who have successfully passed their course evaluation will receive their certificates and all trainees will receive support and feedback with their study client work.

## **22. What are the course hours?**

The course will comprise a minimum of 204 hours of study including 64 hours contact time and 80 hours of self-directed study (i.e.3 hours per week for 6 months), and a minimum of 60 hours of work with study clients.

It will normally run from:	9.00am – 6.00 pm	Saturday
	9.00am – 5.00 pm	Sunday

## **23. Who teaches the course?**

The Course Leader is Dr. Rosy Daniel, founder and Medical Director of Health Creation and author of all the Health Creation Programmes, books, videos and CDs. She is available to answer questions throughout the course via the course administrator Jo Slee, on 01225 745737 email: [admin@healthcreation.co.uk](mailto:admin@healthcreation.co.uk)

The Course Tutor is Sue Caden who is a Health Creation Consultant with an extensive background in training and the teaching of communication skills. Her contact telephone number is 01225-471288 email: [sue@healthcreation.co.uk](mailto:sue@healthcreation.co.uk)

## **24. What are the course fees?**

The course tuition fees are £1,600 + VAT (Payable in 2 instalments) prior to the beginning of the course.

## **25. What are the terms and conditions of payment?**

The first instalment must be paid in full four weeks prior to the commencement of the course, and is non-refundable.

The second instalment is payable one week before the start of the training, and is non-refundable after weekend two. This means that a student who finds that the course is not right for them after week-end one can withdraw without liability for the second payment. Therefore in the event of a trainee deciding not to go forward with the training after weekend one, the second instalment of the course fee will be returned. In the event of a trainee leaving the course at any time after weekend two, the entire fee will be retained by Health Creation. This is because the majority of the cost of putting on the course per trainee is payable by Health Creation prior to the commencement of the course.

## **26. What are the resources for the course?**

Trainees will be provided with:

### **The Booklist of required and recommended reading**

A booklist of required and recommended reading will be provided prior to the course. Required reading and viewing material will be provided for sale on the first weekend. Examples of recommended reading will also be available to trainees during the course.

### **The Trainee Course Manual**

This Trainee Course Manual covers the structure, outline and content of the course and will be presented on weekend one.

It will be supplemented with relevant course material and information each weekend.

### **Tutorial Support**

Up to 4 hours of tutorial support per participant will be available from the Course Tutor, Sue Caden, during the course. The Course Leader, Dr Rosy Daniel, is also available to answer questions throughout the course.

## **27. What is the recommendation for supervision & emotional support?**

The Health Creation Mentor Training takes place in an atmosphere of warmth and trust with great mutual support between trainees and course leaders. Whilst the course leaders will be available for the support of trainees during weekend courses, trainees must be aware that this will not be in a therapeutic capacity. Trainees must take responsibility for taking emotional issues that arise during the course of this training to their personal therapist or support network.

Once qualified and working with a number of clients, trainees are responsible for arranging their ongoing professional supervision, at a minimum level of one hour per month. Advice about finding suitable supervisors is available from Health Creation.

**We hope that all your questions have been answered in this document but please do not hesitate to contact us at Health Creation for more help.**

**ALL ENQUIRIES ABOUT APPLYING FOR THE HEALTH CREATION MENTOR TRAINING SHOULD BE DIRECTED TO MIKE TOOZE OR JO SLEE ON 0845-009-3366**

**With very best wishes and thanks for your interest! Rosy Daniel**  
**Dr Rosy Daniel - Health Creation Medical Director and Course Leader**