

## **Monday 27th April, 5.30-6.30, Studio Theatre**

### Biographical Note

Professor Helen Payne, PhD; MPhil; is a UKCP accredited psychotherapist and Fellow of the Association of Dance Movement Psychotherapy UK which she began together with a post graduate accredited training and research in DMP. Her publications include sole authored/edited books and peer reviewed articles. She conducts research, supervises/examines PhDs and teaches/presents nationally and internationally. She is the founding Editor-in-Chief of the Journal of Body, Movement and Dance in Psychotherapy published by Taylor & Francis. As a Director of The University of Hertfordshire spin-out company 'Pathways2Wellbeing' which trains facilitators in The BodyMind Approach (TBMA)<sup>™</sup> she co-ordinates the delivery of this service in the NHS and privately.

### **Public Lecture**

'Hard-to-control unexplainable medical symptoms: Wellbeing for body and mind'

Professor Helen Payne will present findings from many years of research and practice employing the inter-relationship between body and mind for people with chronic, physical symptoms which have no medical explanation.

The original research explored an intervention with patients in primary care which had strikingly positive benefits for the patients and for the NHS. Subsequently, market research and cost effectiveness studies were conducted and thereafter a University of Hertfordshire spin-out company Pathways2wellbeing formed to deliver the service in CCGs and privately.

This lecture will describe key findings and classify ways in which the knowledge generated by this research can be used to benefit patients, health care professionals and the NHS.

We will examine the prevalence, costs (to the patient and to the NHS) and how it feels to have these hard-to-explain symptoms e.g. fibromyalgia, IBS; chronic pain; insomnia; headache; back ache; chest pain; muscular skeletal pain etc. We will define terms, the nature of the problem and the lack of a solution for best practice.

Wellbeing is crucial to living well with such symptoms, The BodyMind Approach (TBMA)<sup>™</sup> is proposed as one way to promote wellbeing in body and mind. A step by step overview of the courses employing TBMA and the outcomes generated will be conducted.

Transferring research into real world contexts is always tricky. Barriers to the delivery of this new innovative service in the NHS will be identified together with the strategies employed to overcome them, as well as presenting the supportive elements, drivers and lessons learned.