The Academy of Human Potential

Mind-Body Medicine

Course Prospectus

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A warm welcome to the Academy of Human Potential

My name is Mark Atkinson, I am the founder of The Academy of Human Potential and I am absolutely delighted that you are considering studying our diploma in mind-body medicine. Mind-body medicine is a truly fascinating subject, one that explores the interactions between brain, body, mind, consciousness and behaviour and the powerful ways emotional, psychological, social, spiritual and behavioural factors influence one another and our health.

In this one-year part-time diploma course you are going to:

- Explore the **scientific and theoretical foundations of mind-body medicine** and learn how **psychological and emotional factors influence disease, health and healing**
- Learn a variety of **innovative mind-body approaches** to mastering thoughts and emotions, including **voice dialogue, the gateway, thought defusion and emotrance**
- Receive hands-on-experience and guidance in applying the approaches you have learnt, by attending our **4-day mind-body medicine workshop** with myself and other leading mind-body experts
- Receive **six twenty minute personal mentoring** sessions with myself
- Discover the keys to creating a fulfilling and meaningful life, including **values, personal strengths and identifying outer purpose and inner gifts**
- Learn how to help your patients/clients switch to a more **positive and aware** thinking style, reduce emotional arousal, manage stress, anger and emotional distress and reduce worry, mind chatter and introspection.

- Explore **creative and innovative ways of working with patients/clients**

- Learn how to **integrate and apply mind-body tools** and strategies into your clinical practice

- Take part in our **teleconference seminars**

- Have a stimulating and rewarding learning experience that is **part-time, flexible** and takes on average **just 12 months** to complete.

**Who should consider this course?**

Anyone who wants to explore the fascinating subject of mind-body medicine and learn innovative mind-body approaches to health and healing that will help you develop personally and professionally. It is particularly well suited to doctors, nurses, psychologists, psychotherapists, mental health workers, dietitians, nutritional therapists, CAM practitioners, social workers, counsellors, coaches, and healthcare students.
Course Structure

The Diploma in Mind-Body Medicine consists of 350 hours of study and is divided into eight modules. These are delivered through a combination of distance learning materials, mentoring, teleconference seminars and a 4-day mind-body medicine workshop.

The eight modules are:

Module 1  Introduction to Mind-Body Medicine

Module 2  Voice Dialogue / The Gateway

Module 3  Thought Mastery

Module 4  Emotional Mastery

Module 5  The Fulfilling & Meaningful Life

Module 6  Somatisation & Psychosomatic Disorders

Module 7  Stress & Stress Management

Module 8  Essay
Detailed Overview of the Course

Module One  Introduction to Mind-Body Medicine

This module takes an overview of the history and development of mind-body medicine. It explores a variety of mind-body approaches, the principles upon which they operate and the evidence to substantiate their claims. We will also be looking at the “placebo effect” and exploring the question – ‘what is the mind?’ by examining a number of different models and perspectives. You will receive a basic introduction to psycho-neuro-immunology (PNI).

Module Two  Voice Dialogue / The Gateway

Developed by the pioneering psychologists Hal & Sidra Stone, the Voice Dialogue System provides an elegant way of making contact with, understanding and embracing all of the selves within us. In addition to this and based on the discoveries of Zen Master Dennis Genpo Merzel, you will learn how to adapt the process to access and awaken to a variety of transpersonal selves including the Integrated Compassionate Self, No-Mind and the True Self. The Gateway is a psycho-spiritual tool for facilitating the welcoming and integration of the selves that are creating blocks and barriers to your patient’s health and life goals. For more information on voice dialogue click here.
Module Three  

Thought Mastery

This module explores the importance of thought mastery and present moment awareness to emotional and mental health. You will learn how to

1. Defuse your negative thoughts
2. Investigate your own thinking
3. Transform your self-limiting beliefs
4. Practise mindfulness
5. Enter flow
6. Harness the power of visualisation and guided imagery

Module Four  

Emotional Mastery

This module explores the importance of emotional mastery and emotional processing to emotional and mental health. You will learn how to

1. Assess your emotional management style
2. Identify your emotional control strategies
3. Increase your body awareness
4. Improve your emotional literacy
5. Become skilful in emotional processing using tools such as EmoTrance, Cradling, Journalling and honest self-expression
Module Five  The Fulfilling & Meaningful Life

This module explores the contributing factors towards living a fulfilling and meaningful life. You will learn how to

1. Meet your emotional needs
2. Embrace gratitude
3. Identify your inner gift/ outer purpose
4. Discover your values
5. Live in alignment with your highest values

Module Six  Somatisation & Psychosomatic Disorders

In this module we explore stress-related illness and somatisation - the process by which an individual expresses emotional distress as physical symptoms and/or maladaptive behaviour. We will explore the clues that indicate somatisation might a factor in someone’s health challenge, and look at the various options for treatment. We will in particular be looking at the work of Michael Brown and Dr John Sarno

Module Seven  Stress, Anger & Grief

This module explores stress, what it is, how it affects the bodymind, and its association with disease and illness. We will be exploring the various options available for managing stress and enhancing emotional resilience. I will also be providing you with an eclectic approach to dealing with anger and grief
Module Eight Essay

This module focuses on studying in detail an aspect of mind-body medicine and then presenting it as a 5,000 word essay. This might include a review of relevant literature, presenting the results of a mind-body medicine related project and/or undertaking research.
The Certification Process

To receive your Diploma in Mind-Body Medicine you would have:

1. Completed the 350-hour mind-body medicine training programme

2. Demonstrated a competence in your ability to apply the knowledge and skills taught in the programme. This will be assessed:
   a. throughout the mentoring process
   b. during the five-day workshop
   c. via the assessments set in each module

3. Submitted and received a pass mark for your essay

4. Had a one-hour exit interview with Dr Mark Atkinson

Upon successful completion of the course you will be awarded a Diploma in Mind-Body Medicine and a one year membership to The Academy of Human Potential.
**Investment**

Mind-Body Medicine diploma programme is £1995 (including VAT).

**This investment covers:**

- The 4-day Mind-Body Medicine Training workshop
- 6 twenty minute personal mentoring sessions with Dr Atkinson
- All Distance Learning Modules
- Unlimited E-mail Support
- 12 Month Membership to The Academy of Human Potential

**This investment does not cover:**

- Accommodation, travel expenses or meals during the Workshop
- The mandatory books
- The cost of phone calls for your mentoring

**Course Commencement**

The course can be commenced at anytime

**The next workshop will be taking place in November 2011 in London - details will be announced shortly**
FREQUENTLY ASKED QUESTIONS

Who should consider this course?

Anyone who wants to explore the fascinating subject of mind-body medicine and learn innovative mind-body approaches to health and healing that will help you develop personally and professionally. It is particularly well suited to doctors, nurses, psychologists, psychotherapists, mental health workers, dietitians, nutritional therapists, CAM practitioners, social workers, counsellors, coaches, and healthcare students.

Does the course qualify for Continuing Professional Development (CPD)?

Our course has been awarded 350 CPD points by the Complementary Medical Association. Their website is www.the-cma.org.uk

How many hours work will I need to commit to the modular work?

On average you will need to set aside 4 to 5 hours per week. This covers the personal development practices, reading and assignments.

What books will I need to purchase?

The following books will need to be purchased in order to supplement the course. All of the books can be purchased from www.amazon.co.uk

- **The Cure Within** – A History of Mind-Body Medicine by Anne Harrington
- **Break Out of Your Mind** by Leo Hawkins.
- **Big Mind, Big Heart: Finding Your Way** by Dennis Genpo Merzel
- **The Mind-Body Bible** by Dr Mark Atkinson
- **Consciousness and Healing** – Integral Approaches to Mind-Body Medicine by Marilyn Schlitz
- **The Divided Mind** by John Sarno

**What support will be available to me during the course?**

Included within the course fee are six twenty minute telephone mentoring sessions and support and unlimited e-mail support. Additional mentoring can be arranged if requested.

**What organisations are you members of?**

We are members of The Complementary Medical Association (CMA) - [www.the-cma.org.uk](http://www.the-cma.org.uk).

**Are you registered with any Government-maintained organizations?**

Yes. We are registered with the UK Register of Learning Providers (UK RLP), a database of legally constituted training organisations, maintained by the Government’s Department for Education and Skills. Our registration number is 10022624.
**Cancellations & Refunds**

The Diploma in Mind-Body Medicine requires a significant commitment in terms of time and energy, it is therefore important to us that we attract and support individuals who are willing to start and complete the programme. For this reason fees, once paid, are always non-refundable.

**How do I apply?**

By sending us a completed Booking & Registration Form with the full course fee of £1995. Please feel free to call or email with any unanswered questions at this stage, using the following details: Phone 0845 094 8612 - Email info@humanpotential.uk.com

**About the Founder & Director of The Academy of Human Potential**

**About Dr Mark Atkinson**

Dr Mark Atkinson MBBS BSc (HONS) FRSPH FBSIM is a medical doctor, best-selling author and one of the world's leading authorities in mind-body medicine. His expertise is in human potential development and integrative holistic approaches to stress-related illness, addictions and mental health.

His unique mind-body approach has been endorsed by leading doctors, including as Dr Andrew Weil, Dr Christiane Northrup, Professor Karol Sikora, Dr Bernie Siegel and Dr Larry Dossey. It has also featured in the national press, including *The Daily*

Dr Atkinson qualified as a medical doctor in 1997. On graduation, he received a MBBS (Bachelor of Medicine and Surgery) and a BSc HONS (Bachelor of Science in Clinical Pharmacology and Toxicology) from Imperial College School of Medicine in London (formerly St Mary’s Hospital Medical School). As he worked with patients, Dr Atkinson became fascinated by the relationship between their thoughts and emotions and how this could restrict their capacity to enjoy a healthy, happy and fulfilling life. This inspired him to build on his conventional medical training by exploring methods and approaches that help individuals achieve their fullest potential. He subsequently received training in a variety of approaches, including meditation, hypnotherapy, breathwork, voice dialogue, Acceptance and Commitment Therapy (ACT) and functional diagnostic medicine.

In 2008 he launched the Academy of Human Potential a leading personal and professional development organisation committed to empowering individuals with the knowledge and skills to create a truly extraordinary life, a life equal to their potential. The Academy offers a variety of transformational personal development workshops and courses, and a series of professional training programmes in Mind-Body Medicine, Human Potential Coaching and Integral Well-Being Therapy.
Dr Atkinson is a Fellow of the Royal Society for Public Health, a Fellow of The British Society of Integrated Medicine, a member of The Scientific and Medical Network and consultant to one of the UK’s leading suppliers of nutritional supplements – Higher Nature. Today, Dr Atkinson offers his services through his consulting room in London and via The Academy of Human Potential www.humanpotential.uk.com.

His websites are www.drmarkatkinson.com and www.discovertruehappiness.com
DIPLOMA IN MIND-BODY MEDICINE
REGISTRATION FORM

Please note: By providing the information requested here you are automatically covered under the provisions of The Data Protection Act of 1998. As well as this reassurance, you are also guaranteed that your personal information will never be shared with anyone and remains 100% confidential at all times.

Please fill in the following:

Name/Age
Address
E-mail
Telephone #

Current Occupation
Current employer

What hours do you currently work?

Please name two referees:

Qualifications  (please include name of college, date qualified and type of qualification)
Do you have existing professional indemnity insurance?  Yes / No (please provide details)

What trainings/workshops/practices have you previously undertaken that are relevant to personal development, spiritual growth, or self-help?

Do you have any history of mental illness or suspect that you might be suffering from mental illness? If so please provide details (this information will be held in strictest confidence)

If you were asked to list five of your strengths, talents and personal resources - what would they be?
1.

2.

3.

4.

5.

Do you have any special needs or disabilities?

How did you hear about our training programme in Mind-Body Medicine?

What aspects of the course content interests you most and what do you hope to achieve, learn and experience by completing the training course?

What is your current practice and what are your intentions about your future practice?

Payment

Please send us a cheque for £1995 made payable to ‘The Academy of Human Potential’ to: The Academy of Human Potential, 5 High Cross, Froxfield, Petersfield, GU32 1EQ. Alternatively you can transfer the money directly to our bank account. Please contact us for details.

Upon receipt of your booking form and payment we will send you an e-mail confirming receipt