

Stress Management and Mental Health Highlights

CBT and Emotional Resilience

Increased emotional resilience is vital for reducing sickness absence, enhancing employee morale and engagement and improving quality and productivity. GP and CBT specialist **Dr Lee David** demonstrates how simple, brief 10 Minute CBT strategies by OH, vocational rehabilitation, HR and other managers can effectively promote resilience in the workplace.

Managing Bereavement

Cruse Bereavement Care's **Adam Page** suggests some practical ways that employers can support grieving employees. Providing an overview of the grieving process, he highlights the consequences of grief in the workplace, including the death of an employee, and many of the possible complications that can arise.

Asperger's Syndrome – Supporting Employees

Asperger's Syndrome can affect communication, organisation skills and social relationships, with 40% of people with Aspergers experiencing co-occurring mental health problems. Occupational Therapist **Debbie Green** and the Foundation for People with Learning Difficulties' **Barbara McIntosh** identify the needs of employees with Asperger's Syndrome, profiling strategies for supporting and improving their performance at work, occupational therapy interventions and a case study.

Developing a Mental Health Employment Strategy

Cambridgeshire and Peterborough NHS have recently introduced a highly successful mental health employment strategy. HR Director **David Wherrett** and AHP Professional Lead **Jane Joel** profile their challenging agenda of organisational change to employ individuals with mental health conditions.

Supporting Employees with Eating Disorders

Many people today suffer from a variety of eating disorders. Clinical Lead for the UK's largest NHS Eating Disorders Unit, **Professor Hubert Lacey**, looks at how these conditions manifest within the work environment and how they might be recognised. He explains why they mainly affect women and profiles some new treatments that are showing hopeful promise.



Dr Lee David



Barbara McIntosh



Prof. Hubert Lacey



Adam Page

- Emotional Resilience in the Workplace: What Does CBT Have to Offer? *Tues 2.15pm*
- Managing Bereavement in the Workplace *Tues 4.00pm*
- Developing a Mental Health Employment Strategy *Wed 9.15am*
- Supporting Employees with Asperger's Syndrome *Wed 11.30am*
- Supporting Employees with Eating Disorders *Wed 4.00pm*