

Fatigue management: An evidence-based pragmatic approach. 2-day course.

| Day 1 | |
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| 9:30 | Introductions Review of the current evidence |
| 10:30 | The Dysregulation Model as a basis for therapy |
| 11:00 | <i>Break</i> |
| 11:20 | The Bacme model for therapy - a transdiagnostic model? |
| 12:30 | <i>Lunch</i> |
| 13:20 | The importance of language - are we all talking about the same thing? |
| 14:00 | Stages of therapy - Engagement - exploring the importance of the therapeutic relationship |
| 15:00 | <i>Break</i> |
| 15:20 | Stages of therapy - Regulation - exploring activity, sleep, nutrition/hydration, movement and rest. |
| 16:00 | Reflections on day 1 |

| Day 2 | |
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| 9:30 | Stages of therapy - Regulation continues |
| 11:00 | <i>Break</i> |
| 11:20 | Stages of therapy - optimising - exploring values, increasing activity, moving forward |
| 12:30 | <i>Lunch</i> |
| 13:20 | Stages of Therapy - Reviewing - reflecting on personal progress, moving towards self-management |
| 15:00 | <i>Break</i> |
| 15:20 | Reflections of 2 days training - what next? |
| 16:00 | <i>Close</i> |