

FAQ

About Body Mind Work:

What is Body Mind Work?

Body Mind Work is an educational process, which causes physiological and psychological integration, relieving clients of chronic dis-ease and pain.

How does it actually work?

It works by teaching you how your mind works.

Your brain is not your mind and as you discover this for yourself, you can transform your neurological system's way of interpreting information.

Who can it help?

Body Mind Work has been used to help many chronic conditions, such as M.E. M.S. C.F.S as well as allergies, phobias, bed-wetting, nightmares, fears and I.B.S. related issues. It is also a very useful tool for Bodywork therapists working with clients who have long term health complaints that body work alone is not eradicating.

Can it work along side other treatment modalities?

It can work well alongside many other modalities as it is spoken, nonintrusive and very gentle.

How long before I see any drop in my Chronic Pain?

Usually within the first session and definitely by the end of the second.

I'm on Chronic Pain medication; can I still work with a Body Mind Worker Practitioner?

Yes of course. You may be surprised that your need for medication decreases quite rapidly as your stimulus response process ceases to fire up.

What makes it different from NLP or CBT?

Body Mind Work is grounded in education and not talking therapies. By teaching you how your mind works and creating an intervention for this process, a practitioner is able to accelerate the rate at which you make a shift.

How do you know when it's time to refer a client on?

Our practitioners will refer on a client if there is no change in the client's condition after 2 sessions. Guaranteeing that you will save time and money, by not being put on a drip system of treatment that can last for many months or even years.

How many sessions will I need?

This will vary from client to client, but you are likely to see changes from the first week.

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What about low Chronic Pain, can it help with that?

If you have a symptom that is in anyway repetitive then we can help.

How do I know if my condition is chronic?

A condition is chronic if you have tried to get rid of and it still persists, after the expected healing time. So for example, a sprained ankle that heals within a few weeks would be an acute condition, but if the pain remains after 6 months, it has become chronic.

Will the programme have any side effects?

YES, you will find life is easier and that you have a better attitude towards living it.

What are the benefits of this work compared to conventional treatment?

Body Mind Work acts quickly allowing you to notice results there and then, saving you time and money. The work is upbeat and fun, compared to other talking therapies that can leave you feeling miserable, as you churn up your past. Body Mind Work deals with your thought process and does not need you to tell your life story.

The work is deliverable via Skype so there is no need to travel to find a practitioner, again saving time and money.

Will it work for me?

I honestly don't know. I do know that it has worked for many, so why not give it a whirl?

About our practitioners:

Where is my nearest practitioner and how do I access them?

Your nearest practitioner is only a few clicks away. Simply email us here office@bodymindworkers.com and we will connect you.

How can I be sure I'm seeing a genuine Body Mind Worker practitioner?

If the practitioner has our logo with them and they appear on www.bodymindworkers.com then they are genuine and approved to carry out the BMW process.

If I do not have access to a computer how do I access a therapist?

Contact us here office@bodymindworkers.com and we will source a therapist near you.

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About becoming a Body Mind Worker:

How can it help my practice?

If you would like to be ahead of your competition and at the cutting edge of health and educational breakthroughs, then this is for you. Your practice will be able to work with a larger client base and in many cases you will be able to guarantee results.

What is the training process for Body Mind Work?

The Body Mind Workers training consists of 3 modules, each of 7 days of training, plus 6 CPD modules that will increase your understanding of key areas. You will also complete case studies and assignments after each level, so that you can put your skills into practice.

How many treatments will my clients require and how often?

Treatments depend on the mind-set of your client. A typical treatment would range from 1 to 6 sessions. However your client will notice a difference within the first session.

How do we integrate BMW with what we already do?

Practice, practice, practice. BMW integrates well with all modalities, so the key to having it fit yours is simply to practice what you have discovered.

What are the benefits of this work compared to conventional treatment?

Body Mind Work deals with your client's thought process and you do not need them to tell you their life story. This keeps you clean and avoids you taking their stories on board – a frequent problem with traditional talking therapists that can result in burn-out!

What if I don't have a practice?

As a practitioner you do not need to hire a clinic, enabling you to work flexibly.

What qualifications do I need to become a Body Mind Worker practitioner?

None. You need a curious mind and a passion for learning.

Will this count towards my Continuing Professional Development?

Yes, our courses are accredited by the FHT and as such count towards your C.P.D. requirement.

What if I don't have a practice?

As a practitioner, you can carry out sessions via Skype, so you do not need to hire a clinic and enabling you to work flexibly.