

5th International Conference
PHYSICAL MEDICINE AND REHABILITATION

May 22-23, 2023 | London, UK

Received Date: 19-01-2023 | Accepted Date: 22-01-2023 | Published Date: 06-06-2023



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The integration of Physical Health and Mental Health: The essentials

Synopsis of the workshop: How effective is your National Health Service (NHS) at managing psychosomatic conditions? How effective is your national health service at managing the recovery and rehabilitation following acute illnesses. How many different clinical physical/psychological presentations can you identify when mind and body interact? How many different forms of cognitive processing are there that may manifest themselves as physical symptoms? How do you recognise the patient who has associated mental health or psychosomatic issues? How should we manage such patients? These and other questions will be answered.

Recent Publications

1. Capek M.E.Y., Thinking differently in rheumatological psychosomatic conditions (changing the doctor's style of thinking). Modern Rheumatology Journal. 2021;15(2):7-16.
2. Capek M.E.Y., Medically Unexplained Symptoms in The Handbook of Contemporary Clinical Hypnosis Eds Brann L Owens J Williamson A; 229-245 Wiley, Chichester. 2012

Biography

Michael Capek was a General Medical Practitioner in South Manchester for 34 years; A GP with a Special Interest in Mental Health to Greater Manchester Mental Health supporting the IAPT teams assessing complex cases for 16 years and Clinical Lead in Mental Health to Manchester Health and Care Commissioning for 9 years. Now semi-retired he continues to work as a freelance medical hypnotherapist and strives to promote a better understanding of mind-body interactions in both the healthy and the unwell.

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