

# Supporting people to live well with Dementia.

## My Dreams of being

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Monday 3rd July 2017 | £35 / ticket | 9.30am to 4.30p

Coed-Y-Mwstwr hotel, Bridgend, South Wales, UK

My Dreams of being is a day of knowledge & support for care givers of people living with dementia:

- Learn True Person Centered Care Approaches, interventions and techniques.
- Gain insight into therapies that improve the quality of life of people living with a neurocognitive disorder (dementia).
- Learn Strategies to manage stress and reduce your risks of developing dementia.



Workshop Designed and Facilitated by:

### Dr Daniel J Nightingale

PCSC; RN; PhD (Dementia); ADHP (NC); ECCH; FRSM  
Clinical Dementia Specialist, General Psychotherapist,  
Speaker & Author  
Fellow of the Royal Society of Medicine

**Buy tickets now from:**

[lovelifeloveyou.co.uk](http://lovelifeloveyou.co.uk)

[info@lovelifeloveyou.co.uk](mailto:info@lovelifeloveyou.co.uk) | 07790 003075

Dementia Therapy Specialists LLC in association with Love Life Love You Ltd.

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# My Dreams of being | Timetable

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9.45 – 10.00	General Introductions, outline, aims and objectives for the day (and Coffee!)
10.00 – 11.00	My Dreams of Being
11.00 – 12.30	My Dreams of Being Group Work
12.30 – 13.30	<b>Lunch Break</b>
13.30 – 14.30	The Use of Hypnotherapy and Hypno-Psychotherapy for People Living with Dementia – Empirical Research Study and Effectiveness: Live demonstration
14.3 – 15.00	Learning Basic Relaxation Techniques To Use With People Living With Dementia
15.00 – 15.15	<b>Coffee Break</b>
15.15 – 15.30	The Use of Montessori Therapy in Enhancing the Dining Experience in a Community Living Environment
15.30 – 16.00	Montessori Practical Examples
16.00 – 16.15	The Nightingale Model of Enriched Care
16.15 – End	Recap of the day, Discussion and Questions and Answers

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