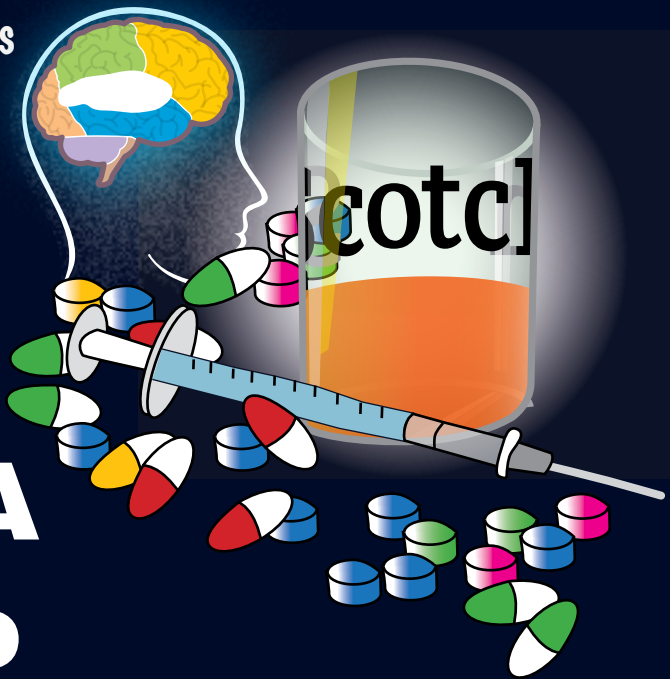




Managed correctly our minds can be a powerful machine in the search for success. Unmanaged our minds can become our worst enemy.



Overcome Your Chimp - A Unique Way to Manage Substance Use

Learning Activities: The session will be an interactive talk with opportunities for discussion by Chimp Management's **Dr. Trevor Gedeon** and a case study from **Graham Fell** (*Therapeutic Manager, Spacious Places*).

Overview:

Living with substance use problems is a daily battle and this presents a challenge for service users and clinicians alike.

The hurdles that we all come across in life tend to be accentuated in those with substance use problems. It is these very problems that make managing substance use difficult. The Chimp

Management model helps people to get the best out of themselves and others.

The Chimp Management Model is a unique model of mind management that has been developed and used by Professor Steve Peters. The model has been used to deliver happiness, wellbeing and success in elite sports, business, health and education.

Target Audience: This bespoke introductory session is available by invitation only. Delegates all have extensive experience in substance use services from across the country.

Venue: Spacious Places (Leeds)
20 New Market St., LS1 6DG

Facilitated by: **Dr. Trevor Gedeon**
MBChB, MRCPsych, PGCert Law

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Outcomes include:

- Introduction to the Chimp Model and how the brain operates with a focus on addiction
- Understand how the brain limits outcomes when trying to help people with a history of substance use
- Understand mind management skills which can be used to deal with substance use
- Using The Chimp Model in a group at Spacious Places - now and in the future

Wed.
Sept 21st
1 - 3pm

Chimp Management Ltd
Psychological skills mentoring



How can you sign up?

Register your interest in 'Overcome your Chimp - A Unique Way to Manage Substance Use' by emailing enquiries@chimpmanagement.com or call 0114 246 0580