



The
Chrysalis Effect

FHT Accredited
Foundation Level Training
4 Module Short Course



Message from the Founder



“As a recoverer of Chronic Fatigue, I remember having endless, fruitless referrals and trying every therapy I could.

It was very often a disheartening experience.

I saw so many practitioners, who were lovely but really didn't have a recovery protocol. This training is designed to give you confidence in having specialist knowledge for patients seeking a cohesive recovery pathway for ME, CFS and Fibromyalgia symptoms.

Your skills are much needed in this neglected field.

We are now actively working with NHS GPs and Consultants to make recovery accessible to all.

I really look forward to welcoming you to our referral community.”

Love and Appreciation

Elaine xx

Elaine Wilkins CEO

Training Pathways

There are 2 pathways of learning with The Chrysalis Effect.

1. The Chrysalis Effect FHT Accredited Foundation Level Practitioner Training.
2. The Chrysalis Effect ILM and FHT Accredited Specialist Practitioner

The Foundation Level Practitioner Training is a x 4 module course accredited by The Federation of Holistic Therapists.

- It provides you with a solid knowledge of the process of ME, CFS and Fibromyalgia Recovery
- It will enable you to: Explain the multi-faceted symptoms that prove so debilitating for clients/patients.
- It is ideal if you aim to acquire specialist insight in this field and are keen to join a supportive, multi-disciplinary referral community.
- The course incorporates business training with a proven track record of improving results and income success in practice.
- Easy Access - Train from the comfort of your own Home

Course Content

Module 1: **How Chronic Exhaustive Conditions Develop**

- What is ME, CFS and Fibromyalgia?
- Identify the Pre- dispositions and Triggers of phase 1
- The Symptoms and Domino Effect on the physical Body
- Prevention and interception
- Early Warning checklist to use with clients

Module 2: **Overcoming the Obstacles to Recovery**

- Understanding the 6 Phases of Recovery
- The 8 Areas Essential for Long Term Recovery and Wellbeing.
- Where to Begin with Recovery
- The Anxiety Loop
- Case Study 1. Health Profile

Module 3: **Getting Underneath The Symptoms**

- Case Study 1. Learning Review
- Working with the 'Cross Referral Team Approach'
- Wellbeing Coaching and The Iceberg
- Case Study 2.

Module 4: **M.E, CFS and Fibromyalgia Recovery and Your Practice**

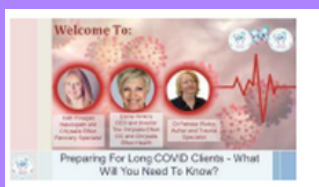
- Fibromyalgia Focus – What Causes the Pain?
- Case Study 2 Learning Review
- SIQR – Tracking Recovery Progress
- The 'How To' of Niche and Specialist Approach
- How to raise your profile in the Chrysalis Effect Practitioner Team
- Q and A



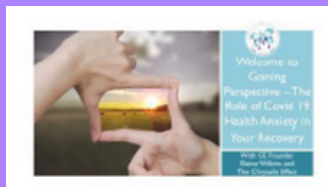
Additional Resources



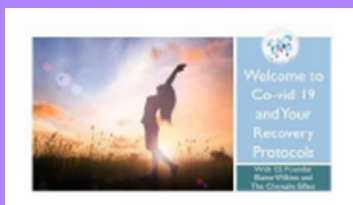
Gift 1: Healing Covid-19 Trauma with Dr Patricia Worby PhD



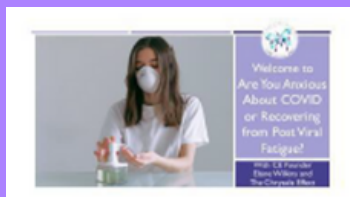
Gift 2: Preparing for Long-COVID clients with Dr Patricia Worby and Cath Finegan



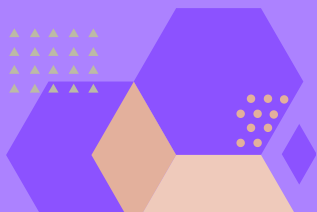
Gift 3: Gaining Perspective – The Role of COVID-19 Health Anxiety on Your Recovery



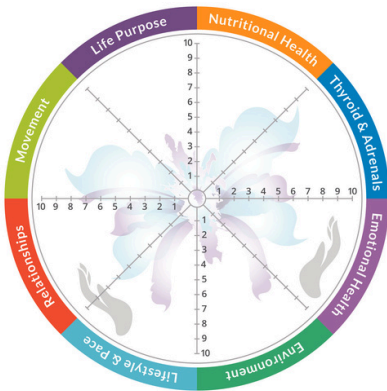
Gift 4: COVID-19 and Your Recovery Protocols



Gift 5: Are You Anxious About COVID-19 or Recovery from Post Viral Fatigue with Suzanne Smith and Sharon Finlay



The Accreditation



- 4 x Modules of Online Training
- 1 x 1 hour Completion session with a member of the team.
- Access to The Practitioner and Recovery Facebook forums
- Access to the Recovery Members Area resources and webinars
- Access to the Recovery Pathway

How Long Does the fast track take to complete?

Just 6 Hours in total – Average completion time is x 2 – 3 weeks with some practitioners completing it in a weekend.



Accrediting Body:



Why the FHT?

The FHT are a renowned accrediting body who engage with government to integrate therapies into mainstream healthcare.

Assessment

- Submit Key learning template from 4 modules
- *FHT fee included
- You Receive Foundation Level Training Certificate
- You can choose a CPD membership
- and be profiled on the referral directory



Next Steps...

Course Release Dates

Choose to work through your modules as a fast track course with immediate access

or

Contact us for next live module release dates:



team@chrysaliseffecthealth.com

Or Text 07771 722462



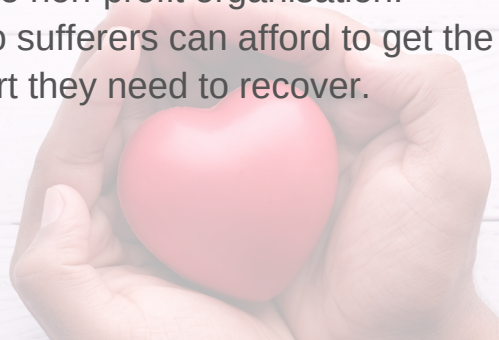
[I have Questions](#)



[I Would Like to Register](#)

Thank you for your interest in this course.

Choosing us as your training provider enables us to subsidise the online Recovery Programme for ME, CFS and Fibromyalgia, run by the non-profit organisation: The Chrysalis Effect CIC, so sufferers can afford to get the daily help and support they need to recover.



What the Practitioners say....



"This excellent course with detailed information has enabled me to develop a structured intake system and provide continued support for my clients to progress and recover. Elaine is both professional and approachable and very generous with sharing her business knowledge and specialist skills.."
~ Tara Buckel - Psychotactile Psychotherapy and trauma informed bodyworker

"This course has given me insight and understanding, particularly behaviours and characteristics, of people with CFS, ME, Fibromyalgia and Long-COVID. The Chrysalis Effect courses are very thorough and informative."



~ Emma Maitland-Carew - Nutritional Therapist



"I absolutely loved this course. It was like opening a whole new area of learning for me as I have not had a chronic fatigue condition. However, I recognise many of the traits in myself and in a number of my clients so I know I will be using this a lot. I Want to slowly move my business from the very hands-on way of working and this is the start of that transition."
Claire Pope - Holistic Therapist

With thousands of people around the world suffering from chronic fatigue conditions it is essential for anyone involved in wellbeing to have an awareness of the conditions themselves, how they impact lives and what to do to heal. The concept of needing to live with the restrictions of chronic fatigue has been proven to be incorrect. There is a way to heal and to not only regain your energy but to live a truly authentic life. Who wouldn't want that? The course provided by The Chrysalis Effect is ground breaking and transformative for anyone who takes it. I wholeheartedly recommend it.



Jeanette Fornwalt - Bereavement Coach

