



International Sophrology Federation - 10th International Conference
Saturday 11 December 2021 - 10am-5.30pm GMT
PROGRAMME

10am to 10.30am – Conference Opening and Welcome

Join Raquel Rubio-Higueras, Dorna Revie and Liz Murphy for the opening of the conference

10.30am to 10.45am – Making Ripples Practice

With **Dorna Revie**, President of the ISF

10.45am to 11am - Break

11am to 11.45am – New Research: A pilot randomised control trial assessing the impact of sophrology in people with chronic pain (2021)

With **Charlotte Chatfield, Dr Audrey Zannese and Prof Caroline Lafarge**

In this talk, Charlotte and Caroline will introduce and discuss the results from an 8-week sophrology intervention on pain management while Audrey will share her insights as sophrologist carrying out the intervention.

11.50am to 12.30pm – Sweet Dreams: How sophrology helps us while we sleep

With **Mireille Barreau**

Mireille introduces her new book “Destination Sommeil, En finir avec les insomnies et retrouver le plaisir de dormir”. In her session, Mireille uncovers dreaming and the role of sophrology in helping us while we sleep.

12.30pm to 1pm – Lunch break

1pm to 2pm – The Power of Breathing – Develop resilience, get focused and change your state

With **Patrick McKeown**

In this session Patrick will share his expertise on the topic of breathing and how it can help people in all areas of life. An opportunity to delve into the power of this simple and yet life-changing capability we take for granted.

2.10pm to 3.10pm – The Phenomenology of Imagination

With **Allan Frater**

How we understand imagination is not just a theoretical but also a practical matter. Assumptions as to what imagination is, how we imagine, and why, can hinder or enhance imaginative experience. This session presents a non-interpretative approach to image-based work, setting out key principles to best align our work with the full phenomenological richness, complexity and creative potential of imagination.

3.10pm to 3.30pm - Afternoon break

3.30pm to 4.30pm – The Health and Wellbeing Sector: Perspectives, Practice and Professionalism

With **David Balen**

A conversation with David Balen about the health and wellbeing sector. Exploring aspects of professionalism, boundaries and efforts to positively impact hearts and minds of the wider public regarding the benefits of holistic approaches.

4.30pm to 5.15pm – Making Ripples with Sophrology

With **Raquel Rubio-Higueras**

An opportunity for conversation in smaller groups to make sense of the concepts explored during the day, finding ways to bring learning to make a bigger impact individually and as a collective.

5.15pm to 5.30pm – Conference Wrap-up and Close

With **Raquel Rubio-Higueras, Dorna Revie and Liz Murphy**

SPEAKERS



Dorna Revie

Our ISF President, Dorna, is the founder and CEO of The Energy Centre School and its subsidiary Sophrology Center Online, where she teaches the Professional Sophrologist Diploma. She has been teaching sophrology for over 30 years. Dorna studied sophrology at the Swiss Academy of Sophrology under three outstanding teachers: Dr Raymond Abrezol, Dr Guy Chedeau and Dr Alfonso Caycedo. Over the years she has also become a Neuro Linguistic Trainer, Reiki Master, Hypno-Therapist and has a Diploma in NeuroScience. Dorna's vision of sophrology is a world wide web of sophrologists who are shining lights spreading joy and happiness throughout the world.



Dr Audrey Zannese – Audrey is an anxiety and pain management expert who specialises in helping people living with a chronic illness, pain or fatigue. Living well with MS thanks to sophrology, she teaches techniques to reduce stress, avoid flare ups and feel again in control of body and health. Audrey is also Director of Education at the Sophrology Academy. She has a PhD in biological science from University of Leeds and a sophrology practitioner diploma from the Sophrology Academy.



Prof Caroline Lafarge - Caroline is Professor of Psychology and director of the MSc Health Psychology course at the University of West London. Her research focuses on reproductive health, in particular prenatal diagnosis, perinatal health and trauma, as well as on behaviour change interventions (eg. weight management). She has a keen interest in positive psychology and runs workshops on emotional resilience. She is currently training to become a sophrologist with the Sophrology Academy.



Charlotte is a recent MSc Health Psychology graduate looking to complete her stage 2 'Doctor of Health Psychology' training. Having first-hand experience of chronic pain, she has a special interest in pain management hence her focus on chronic pain for her MSc dissertation, and is hoping to pursue a career in pain management.



Mireille Barreau

After an international career and more than ten years of professional activity in the field of marketing and communication, Mireille has returned to sophrology, a discipline she discovered through her competitive sports practice. Since 2004 she has regularly worked with people with sleep disorders, enabling her to expand her toolbox to provide them with real solutions. A collaboration in 2008 led her to create and test "Improve your sleep, enjoy your life" - her intervention protocol for people suffering from sleep disorders. Mireille is a member of the French Society of Sleep Research and Medicine and Sleep Medicine (SRFMS).



Patrick McKeown

Patrick McKeown is an international breathing expert and author based in Galway, Ireland. Since 2002, he has worked with thousands of clients, including elite military special forces (SWAT) Olympic coaches and athletes. International best-selling author of The Oxygen Advantage and creator and master instructor of the Oxygen Advantage® technique, Patrick McKeown is widely regarded as one of the world's leading breathing re-education experts. Atomic Focus (2021) and The Breathing Cure (2021) are Patrick's latest books. Over the past two decades, Patrick has trained thousands of people around the world to safely challenge their bodies and produce positive changes through breathing re-education.



Allan Frater

Allan is a psychotherapist in private practice and author of the recently published, 'Waking Dreams: Imagination in Psychotherapy and Everyday Life'. Since 2011 he has taught at the Psychosynthesis Trust, on the Foundation and Diploma courses as well as CPD events related to his research interests in imagination, ecopsychology and transpersonal psychology.

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David Balen

David is Chairman of Balens, one of the largest Independent Insurance Brokerage Firms for Health and Well-being Professionals in the UK and a 3rd generation Family business. A trustee of 2 Charities related to CAM, including the Confederation of Healing Organisations, David is passionate about the benefits of Natural Medicine and is seeking to facilitate Meta data analysis regarding its benefits. He regularly lectures and writes journal articles on Insurance and Risk Management.



Raquel Rubio-Higueras

Raquel is our ISF Community Facilitator, and a learning expert with over 15 years' experience in leading and coaching individuals as well as teams in organisations in various leadership roles in HR talent, leadership development, well-being and inclusion. Raquel is the founder of Art2BeHuman, a movement that aims to empower human beings to connect to their true nature. Her purpose in this role is to share the power of sophrology with the rest of the world.



Liz Murphy

Liz is our ISF Vice President. After several years combining sophrology with her work in leadership and organizational development, Liz is now Executive Director of the Sophrology Academy in the UK. The Academy is affiliated with the Société Française de Sophrologie in France. As ISF Vice President, Liz aims to contribute to raising the credibility and recognition of the sophrology profession so that many more people around the world can benefit from this empowering practice.