

# ReAttach Academy

[www.reattachacademy.com](http://www.reattachacademy.com)



## ESRM Diploma Emotional Symptom Regulation Model



## ABOUT THE ESRM

The Emotional Symptom Regulation Model (ESRM) course was developed to address the critical role of emotions in Functional Neurological Disorder (FND). Born from extensive clinical insight and research, ESRM aims to provide practitioners with a comprehensive understanding of how emotional processes can amplify symptoms in FND, and equip them with strategies for effective symptom regulation and management.

This course represents a dedicated data driven effort to bridge the gap between neurological understanding and emotional impact, fostering a holistic approach to patient care. ESRM offers a structured, evidence-informed framework designed to empower clinicians in supporting individuals navigating the complexities of FND.

The program emphasizes practical application, drawing on the latest advancements in neuropsychology and therapeutic techniques to enhance professional practice worldwide.



### ESRM Course Summary:

- Understanding the intricate link between emotional states and FND symptom presentation.
- Identifying specific emotional triggers and their impact on neurological function.
- Developing effective strategies for managing emotional amplification of symptoms.
- Integrating holistic approaches for improved patient outcomes in FND.
- Practical tools and techniques for emotional regulation in a clinical setting.



## OUR MOST POPULAR COURSES

### Introductory Certificate

The ESRM Certificate is aimed at healthcare professionals such as psychologists, psychiatrists, neurologists, occupational therapists, physiotherapists, nurses, and social workers. It focuses on the interplay of biological, psychological, and social factors in chronic conditions, particularly where emotional states impact physical symptoms, like Functional Neurological Disorder (FND).

The certificate covers the biopsychosocial model, exploring biological factors, the psychological effects of emotions on symptoms, and the role of social influences. It provides evidence-based strategies for emotional regulation, symptom management, and integrated patient support.

Earning the ESRM Certificate equips professionals with specialized knowledge and practical skills to address emotional dimensions of symptoms effectively, leading to better symptom control and improved patient quality of life. It enhances the ability to provide informed, compassionate, and patient-centered care for complex health challenges.

### Professional Diploma

The ESRM Diploma is an advanced program for healthcare professionals seeking an in-depth understanding of the biopsychosocial factors affecting chronic conditions. It focuses on how emotional states influence physical symptoms, particularly in conditions like Functional Neurological Disorder (FND).

The program covers the advanced application of the biopsychosocial model, including biological, psychological, and social determinants, and offers evidence-based strategies for emotional regulation and symptom management.

Learners engage with complex case studies, enhancing their critical thinking and clinical application skills. The diploma equips professionals with specialized knowledge and practical skills to manage the emotional dimensions of symptoms, improving patient care and quality of life.

### Delivery Method

The Diploma and Certificate are both delivered via on-line self paced learning. Rolling assessment is undertaken using a variety of methods including case studies, quizzes and knowledge buckets.



## PROGRAMME AND PRICES 2025/2026

### ESRM Course Pricing, Accreditation & CPD Hours

Both the Emotional Symptom Regulation Model (ESRM) Certificate and Diploma courses are fully accredited, ensuring they meet rigorous quality standards and provide recognized professional development

#### ESRM Certificate:

- Price: £195
- CPD Hours: 10 hours
- Focus: Provides foundational and specialized knowledge in the biopsychosocial aspects of chronic conditions and emotional symptom regulation. Ideal for professionals seeking to enhance their understanding and practical skills in a focused area.

#### ESRM Diploma:

- Price: £395
- CPD Hours: 40 hours
- Focus: Offers an advanced, comprehensive, and in-depth exploration of the biopsychosocial model and sophisticated strategies for emotional symptom regulation across complex conditions. Designed for professionals aiming for mastery and advanced application in clinical practice.

#### Combined Purchase Option:

- Price: £495
- Benefit: Purchase both the ESRM Certificate and Diploma together and save! This option provides the most comprehensive learning journey, from foundational understanding to advanced clinical application, at a discounted rate, granting you a total of 50 hours of CPD.

#### Group & Institutional Discounts

We are pleased to offer special pricing for healthcare providers, universities, and other institutions looking to enroll their teams or purchase multiple licenses. Invest in your professional development at scale and equip your staff with vital skills in emotional symptom regulation.



## CONTACT US

### BECOME ESRM CERTIFIED

**Your Journey Towards Advanced Integrated Care Starts Here**

#### **A Comprehensive Approach to Biopsychosocial Health**

The Emotional Symptom Regulation Model (ESRM) Certificate and Diploma courses offer an unparalleled opportunity for healthcare professionals to master the intricate relationship between biological, psychological, and social factors in chronic conditions. From foundational insights (Certificate) to advanced clinical application (Diploma), our accredited programs provide you with evidence-based strategies to understand, address, and effectively regulate emotional influences on physical symptoms.

#### **Enhance Your Practice, Empower Your Patients**

By enrolling in ESRM, you will gain specialized knowledge and practical tools to move beyond conventional approaches, fostering truly integrated and patient-centered care. Equip yourself to better support individuals facing complex health challenges, improve symptom control, and significantly enhance their quality of life. Whether you choose the focused expertise of the Certificate or the comprehensive mastery of the Diploma, ESRM is your pathway to elevating professional standards and making a profound impact.

#### **Ready to Transform Your Practice?**

#### **Contact Us Today**

Have questions about which ESRM course is right for you, or interested in our special group and institutional discount rates? Our team is here to help you take the next step.

#### **ReAttach Academy**

www.reattachacademy.com

