1. Introduction

CBRT is an effective and easy to use, mindfulness based, mind-body relaxation technique, designed to help patients learn how to relax themselves naturally. A set of professionally designed “breathing disks” are used as a focus, each printed in pure colour, 19 cm diameter – with unique gradients and concentric designs. As a low intensity mental/physical intervention, CBRT is suitable for all physical and breathing patterns whilst focusing on the Colour Breathing Disks and using positive affirmations. CBRT equips the NHS with “leading edge” innovation. CBRT equips the NHS with “leading edge” innovation. CBRT helps to reduce inequalities, being of benefit to the population.

2. Colour Science and Chemistry

BACKGROUND: Colours can have a strong emotional or visceral effect and can affect our psychological state. For example, it has been shown that the physiological effects of light and colour on space users have been dedicated to preparation for NHS entry. In March 2012 CBRT sought 92.3% with the National Innovation Technology Scorecard and in May 2012 NHS NIC approved CBRT as a “market ready” technology innovation.

3. Intervention Design – Research – Development

• The last 30 months have been dedicated to preparation for NHS entry. In March 2012 CBRT sought 92.3% with the National Innovation Technology Scorecard and in May 2012 NHS NIC approved CBRT as a “market ready” technology innovation.

4. Aims - Assessment: What is the scale and impact of the problem? What is the supporting evidence?

• It is widely acknowledged, there is a considerable problem in mental health provision and a recent CSE report, “How mental health is being failed by the NHS” (Lord Laidlaw June 2012) – despite a huge investment in the “No health without mental health” strategy.

5. The CBRT NHS QIPP Training Initiatives

CBRT received excellent interest and positive feedback at the NHS led “2011 Healthcare Innovation Expo.” This led to 3 pilot initiatives compiled and written with NHS support ready to action in the new key areas of: (i) Depression & Anxiety; (ii) Older People & Dementia; (iii) Children and Young People. NHS Staff and Trainers will be trained to provide CBRT Relaxation Support Sessions to help improve the mental health and wellbeing of >45,000 NHS Patients and Children in Year One. The studies are robust, valid, independent NHS led evidence, patient feedback to IAPT Dataset standards, measurable outcomes, RCTs – e.g. CBRT vs.CBRT and NICE QIPP Coloured Glass Reflective Surveys

6. Outcomes – 85 Users “Health” Statements

• It is projected that these initiatives could potentially save the NHS £17 Million in Year One.

7. NHS Focus – “Putting Patients first”

Before conducting a CBRT session with an individual, Practitioners allow users to select their own Affirmation Cards (see above) for their relaxation session, which is found to be a popular part of the intervention and self-empowering.

The CBRT Initial Response Sheets ™ are questionnaires used during an individual CBRT session and allows practitioners to be able to compare the effects of different sessions, questionnaire is published to premium quality in full colour and offer a QIPP solution – “Creating change: Innovation Health & Health” for improving patient care.

CBRT training provides new skills for high quality care in health and social care as suggested in the Francis Report. Individuals trained in CBRT adhere to a strict code of conduct. During the NHS Initiatives CBRT will be working with the RNCP, CN & Skills for Health" CPD training standards and accreditation units.

References

4. Rossel B., Sugawara A. and Brandt J. 2003. Colour Breathing Relaxation Technique® and is suitable for all NHS staff and Trainers. All Patients can use CBRT kits using positive Affirmations. CBRT equips the NHS with “leading edge” innovation. CBRT helps to reduce inequalities, being of benefit to the population.

3. 2009: Depression Research today. CBRT Training Training: written colour breathing selected as a relaxation intervention by the BCM. British Psychological Society.

4. 2010: Depression Research today. CBRT Training: written colour breathing selected as a relaxation intervention by the BCM. British Psychological Society.

5. 2011: Depression Research today. CBRT Training: written colour breathing selected as a relaxation intervention by the BCM. British Psychological Society.

6. 2022: Depression Research today. CBRT Training: written colour breathing selected as a relaxation intervention by the BCM. British Psychological Society.

7. 2023: Depression Research today. CBRT Training: written colour breathing selected as a relaxation intervention by the BCM. British Psychological Society.