

Urbino Hospital project ↵

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The Bach flowers have played their part in a project dedicated to the well-being of employees of Urbino's health authority, the Azienda Sanitaria Unica Regionale (Regione Marche) Zona Territoriale 2 di Urbino (or ASUR 2 for short) including staff at Urbino Hospital.

The project's aim was to give tools to all ASUR 2 employees to help prevent or deal with stress and burn-out at work. The manager, Dr. Bedini, a psychologist and psychotherapist, set up the project and offered free optional company trainings, workshops and activities to all ASUR 2 employees.

Two workshops held on the 11th and 18th May in Urbino were dedicated to the Bach remedies and their use in the treatment of stress. The participants were nurses, some doctors, administration staff and also lay people who wanted to know more about the subject.

I used video and PowerPoint in my presentation and started from the point of view of their needs. With the help of some cartoons we looked at stress and the different ways it could be related to the Bach remedies.

The first day I followed the program as planned, but the second day, which was meant to be a repeat for people who missed the previous one, was rather different. It turned into a roleplay performance... and it was amusing and interesting to see how people were so active in helping make the presentation really engaging and interesting!

A doctor, a nurse and a lay person built up a performance to show a frequent dynamic that happens in hospitals. The scenario was a doctor whose nervousness was caused by personal reasons not obvious to the others involved in the dynamic. His nerves made him intolerant and rude towards the nurse and the patient – who had problems of his own as he was complaining of panic attacks.

We worked on the emotions felt by each character: the intolerance of the doctor, the unexpressed rage of the nurse, and the fear and frustration of the patient, who felt she was not being listened to. She felt sick but the instruments (blood pressure, electrocardiogram) stated the opposite... and to make it worse she asked the doctor if she could take some Bach remedies...

We had great fun finding the right remedies for each person – and we are planning to give a Level 1 next October for the staff of the ASUR 2 and to keep the remedies in the project for next time, as well.

