



# Regain CONTROL

OVER ANXIETY, STRESS AND DEPRESSION

## How much does it cost?

£50 per hour

(It is usual for a course to be up to 12 sessions of 1 hour per session)

## Confidentiality

Your information is important and will be respected and treated and stored securely at all times.



## Regain CONTROL

OVER ANXIETY, STRESS AND DEPRESSION

Dr Rod Lambert

1 Saker Close, Thorpe St Andrew, Norwich, NR7 0TY

Tel: 01603 434965

Mob: 07868 593305

e-mail: [r.lambert24356@icloud.com](mailto:r.lambert24356@icloud.com)

url: [Regain\\_Control.co.uk](http://Regain_Control.co.uk)

[https://www.researchgate.net/profile/Rodney\\_Lambert](https://www.researchgate.net/profile/Rodney_Lambert)



## What is the evidence base for this approach?

Dr Lambert has published the following papers/book chapters over a number of years on this work, and is happy to provide copies of these on request.

- Green, S. L., Lambert, R. (2016). A systematic review of health economic evaluations in occupational therapy. *British Journal of Occupational Therapy*. doi:10.1177/0308022616650898
- Lambert, R. (2015). Lifestyle Behaviours Add to the Armoury of Treatment Options for Panic Disorder: An Evidence-Based Reasoning. *Int J Environ Res Public Health*, 12(6), 7017-7043. doi:10.3390/ijerph120607017
- Lambert, R. A. (2015). Intervention in Panic and Anxiety Disorders through Lifestyle Modification. In I. Soderback (Ed.), *International Handbook of Occupational Therapy Interventions (2nd Edition)* (2nd Edition ed., pp. 541-552). London/New York/Dordrecht Heidelberg: Springer..
- Poland, F., Fordham, R., Fox, M., Lambert, N., Hooper, L., Lambert, R., . . . Snow, J. (2013). Lifestyle Management and community engagement in scoping a 'Healthy Cafe'. *Health Education*, 113(6), 517-535.
- Lambert, R., & Ferns, S. (2012). Exercise and depression: Influence of media attention on confidence and use of cost-effective interventions. *BMJ Rapid Response*. Retrieved from <http://www.bmj.com/content/344/bmj.e2758/rr/591316>
- Lambert, R. A. (2012). Routine general practice care for panic disorder within the lifestyle approach to managing panic study. *Mental Illness*, 4(e18), 91-95.
- Lambert, R. A., Lorgelly, P., Harvey, I., & Poland, F. (2010). Cost-effectiveness analysis of an occupational therapy-led lifestyle approach and routine general practitioner's care for panic disorder. *Soc. Psychiatry Psychiatr. Epidemiol*, 45(7), 741-750. doi:10.1007/s00127-009-0114-5 [doi]
- Lambert, R. (2009). Treatment of Panic and Anxiety through lifestyle modification. In I. Soderback (Ed.), *International Handbook of Occupational Therapy Interventions*. New York: Springer International.
- Lambert, R., Caan, W., & McVicar, A. (2008). Influences of lifestyle and general practice (GP) care on the symptom profile of people with panic disorder. *Journal of Public Mental Health*, 7(2), 18-24.
- Baruch, Y., & Lambert, R. (2007). Organizational anxiety: Applying psychological concepts into organizational theory. *Journal of Managerial Psychology*, 22(1), 84-99.
- Lambert, R. (2007). Complexity, Panic and Primary Care. In J. Bogg & R. Geyer (Eds.), *Complexity Science and Society*. Oxford: Radcliffe Publishing.
- Lambert, R. A., Harvey, I., & Poland, F. (2007). A pragmatic, unblinded randomised controlled trial comparing an occupational therapy-led lifestyle approach and routine GP care for panic disorder treatment in primary care. *Journal of Affective Disorders*, 99(1-3), 63-71.
- Lambert, R. (1998). Occupation and Lifestyle: Implications for Mental Health Practice. *British Journal of Occupational Therapy*, 61(5), 193-197.



# Regain CONTROL

OVER ANXIETY, STRESS AND DEPRESSION

Dr Rod Lambert

PhD, Adv Cert HE Practice, MA, CHSM, Dip COT

Health Professions Council (OT10079)  
British Association of Occupational Therapists (BT0012187)  
COTSS-Independent Practice (Membership Number 7373)

Indemnity Insurance Cover: Balens/Zurich ZUR-OTH/17/04/0



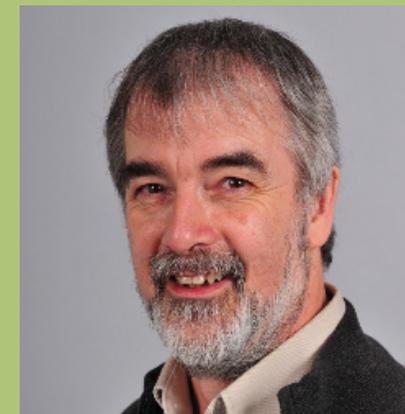
Regain CONTROL  
OVER ANXIETY, STRESS AND DEPRESSION

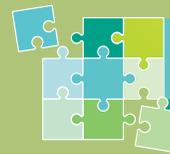
Is an evidence-based method of treating anxiety and depression



Regain CONTROL  
OVER ANXIETY, STRESS AND DEPRESSION

is an INDIVIDUALLY focussed therapeutic approach towards regaining CONTROL over symptoms of anxiety and depression.





# RegaIN CONTROL

OVER ANXIETY, STRESS AND DEPRESSION

When we experience anxiety and/or depression, this is often accompanied by feeling out of control of one or more areas of life. This can include family, work and social elements of our lives, as well as feeling loss of control over our physical and emotional health.

For many, this perceived loss of control in itself is scary and makes dealing with the symptoms experienced so much more difficult.

The feeling of loss of control is also often influenced by not understanding what is causing the symptoms experienced, or placing a possible cause on the symptoms that may not always be correct.



Dr Lambert has developed 'RegaIN-Control', as an innovative approach to helping people to regain control over their symptoms. His work spans 25 years of clinical (as an Occupational Therapist), Research (he has been an NHS Research Fellow and Researcher at the University of East Anglia (1998-2015), and academic (He has over 30 publications in professional peer reviewed Journals and books).



He has presented at conferences across the globe. He has recently retired, and now would like to use the evidence arising from his work, to benefit people experiencing anxiety and depression.



The 'RegaIN-Control' approach begins from a single, simple, but often overlooked perspective ... that we are all different. This simple perspective underpins the complex interactions between our background history and experience; the environments in which we function; our individual sensitivities to things and situations to which we are routinely exposed; the range of symptoms and sensations experienced when we feel anxious and/or depressed; our interpretation of the cause(s) of the symptoms/sensations experienced, and our routine lifestyle behaviours, such as diet, fluid intake, exercise and sleep patterns that influence our lives and responses. By actively helping individuals to review and recognise the interplay between these factors, Dr Lambert can help people to gain an improved understanding of the causes of the symptoms being experienced, and to provide strategies through which control over these symptoms can be regained by the individual.

## How does this all come together and what can you expect?

- After an initial discussion, you will be invited to sign a consent form to enable treatment to continue, including permission for Dr Lambert to liaise with your GP to keep them informed and to ensure your continuity of care at the end of the treatment process.
- It is usual for treatment to be provided over up to 12 X 1 hour sessions, with an option for a second course if needed.
- An initial assessment – This will include being asked to complete a few brief questionnaires (these are to help us to understand what is influencing your symptoms, but also provide a way of demonstrating progress over time). We will also discuss in more detail what has been happening and how you have been affected from several different perspectives.
- You will be asked to complete some diary sheets over the first 2 weeks, showing your mood, and what routine behaviours you have, including diet, fluid intake, exercise and sleep.
- Once the initial assessment is complete, it will be reviewed together, and agreement reached on which element(s) provide the most appropriate focus for attention. This decision-making is very individual, and will lead to short, medium and long term goals being identified.
- An initial action plan will be agreed, and the following sessions will provide a review of progress, adjustment of goals as necessary, and an ongoing review of the symptoms being experienced.
- Towards the end of the series of sessions, you will be asked to complete the questionnaires and diaries again, and the results of this review will be shared with you in the final session. The results of this will also be shared in a formal letter of discharge to your GP.