

About Dr Mark Atkinson

Dr Mark Atkinson MBBS BSc (HONS) FRSPH FBSIM is an internationally renowned expert in mind-body healing, best selling author and the developer of Integral Well-Being Therapy. As a practising holistic medical doctor he advocates an integrative approach to health and healing, one that is personalised, compassionate and focused on addressing the multidimensional aspects of human beings – the physical, emotional, mental, spiritual and environmental. His work has been featured in the national press including The Daily Telegraph, Daily Mail and Sunday Times and showcased to millions of people on Europe's most popular breakfast TV show - GMTV.

Training: In 2008 Dr Mark Atkinson established The Academy of Human Potential, an educational organisation whose mission is to help facilitate a more conscious, sustainable society by guiding and inspiring as many people as possible to evolve into their fullest potential. Through the Academy he offers professional training programmes in Integral Well-Being Therapy, Human Potential Coaching & Mind-Body Medicine and a variety of personal development workshops and retreats. In addition to this he is the co-founder of Europe's first training programme in integrated medicine for doctors and nurses.

Books: Dr Mark Atkinson is an award winning writer, having won UK Health Journalist of the Year in 2005, and author of bestselling *The Mind-Body Bible* (Piatkus), *Holistic Health Secrets for Women* (Piatkus) and *The Intelligent Way to Lose Weight* (Higher Nature). To read more about his books click [here](#)

Education: Dr Mark Atkinson qualified as a medical doctor in 1997 from Imperial College School of Medicine in London (formerly known as St Mary's Hospital Medical School). On graduation he received two qualifications a MBBS - Bachelor of Medicine & Surgery and a BSc (HONS) - Bachelor of Science in Clinical Pharmacology & Toxicology. As Dr Atkinson started to work with patients he became fascinated by the relationship between what was going on in their head and heart and how this was for many people obviously restricting their capacity to enjoy a healthy, happy and fulfilling life. This inspired him to build on his conventional medical training by exploring methods and approaches that help and inspire individuals to evolve into their fullest potential. He subsequently received training in a variety of disciplines and approaches including the pioneering psychological models - Human Givens Therapy and Acceptance Commitment Therapy (ACT) and functional diagnostic medicine, a personalised nutrition-based approach to optimum health and healing.

Memberships: Dr Mark Atkinson is a Fellow of the Royal Society for Public Health, a Fellow of The British Society of Integrated Medicine, a member of The International Society of Addiction Medicine, a member of The Institute for Functional Medicine and consultant to one of the UK's leading suppliers of nutritional supplements - Higher Nature.

Today Dr Mark Atkinson offers his services through his London clinics and via The Academy of Human Potential www.humanpotential.uk.com. His own personal website is www.drmarkatkinson.com.