



An introduction to Mindfulness

Friday 31st October 2014 and Friday 14th November 2014
Alumgarth Farm, Sleights, Whitby

Mindfulness is “the intentional, accepting and non-judgmental focus of one’s attention on the emotions, thoughts and sensations occurring in the present moment”. In recent years, mindfulness practice has been increasingly employed to alleviate a variety of mental and physical conditions. There is an increasing evidence base for its benefits.

This two day workshop is specifically designed for healthcare professionals in primary care who wish to use mindfulness for their own personal benefit but also to raise their awareness of it as a potential support for patients. The course aims to create a calm, safe and comfortable space where people are free to participate without the need for self disclosure. The two week gap between the days is intended to allow reflection and practice at home or in the work place. We will be exploring theory, history, evidence, techniques and daily practice of Mindfulness, emphasising its relationship to health and well being. Techniques used to introduce and cultivate Mindfulness will include Body Scan, Breath Awareness and Compassion Meditations.

Key Benefits

- Small group working
- Relaxed non-clinical environment
- Opportunity for reflection and practice between the two course days
- Tangible strategies aimed at stress and pain reduction

Duration

This course will run between 10 am - 4.30 pm on the 31st October and 14th November 2014. Lunch is provided.

Course Convenors

Dr Nicholas Bateson

Retired GP and Mindfulness Trainer

Dr Farhad Emad

Retired GP and Mindfulness Trainer

Dr Kevin Anderson

GP and Primary Care Lead for short courses, Hull York Medical School.

Venue

Alumgarth Farm
Eskdaleside
Sleights
Whitby
North Yorkshire
YO22 5ES

Date

2 day course:

Day 1 - 10:00-16:30, 31st October 2014

Day 2 - 10:00- 16:30, 14th November 2014

Lunch provided

Fees

£120 for both days.

HYMS reserves the right to cancel short courses if the number of delegates is insufficient to run the course.

How to apply

Further information can be accessed via the HYMS website:.

<http://www.hyms.ac.uk/postgraduate/other-courses/short-courses-and-cpd>

or please contact

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