

# INTRODUCTION TO MINDFULNESS

WEDNESDAY 21ST MARCH 2018

10:00 am – 4:30pm

Hollies Park, Weetwood, between Headingley and Adel, Leeds

Mindfulness is “the intentional, non-judgmental and non-reactive focus of 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 one 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 awareness of it as a potential support for patients. We will be exploring theory, history, evidence, techniques and daily practice of Mindfulness, emphasising its relationship to health and wellbeing.



## KEY BENEFITS

Small group working.

Relaxed non-clinical environment.

Opportunity for reflection and practice.

Tangible strategies aimed at stress and pain reduction.

## COURSE CONVENORS

Dr Kamila Hortynska  
Clinical Psychologist, Accredited  
CBT Therapist  
Mindfulness Teacher, Trainer  
and Supervisor

## FEES

£120 GPs (£110 for  
RCGP member and HYMS  
Clinical Tutors)

£100 GP Registrar

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

## HOW TO APPLY

Registration is via the HYMS website [www.hyms.ac.uk/postgraduate/other-courses/shortcourses-and-cpd](http://www.hyms.ac.uk/postgraduate/other-courses/shortcourses-and-cpd)

For enquiries please contact Jackie Houlton

Email: [jackie.houlton@hyms.ac.uk](mailto:jackie.houlton@hyms.ac.uk)

Phone: 01482 464750