

Running Mindfulness Groups

Mindfulness groups can be a very effective way of teaching mindfulness skills and are extremely popular with clients and staff. In this workshop the authors of 'Teaching Clients to use Mindfulness Skills' will share their extensive experiences of teaching mindfulness in a group format in the NHS.

This workshop will also give an overview of how to run their low-intensity mindfulness intervention for clinical or non-clinical cases. The presenters will cover how to select participants, the content of sessions and tips on delivery for a 1 hour per week 6 session group for up to 8 clients.

Workshop delegates need to have had previous experience of mindfulness.

Dr Christine Dunkley is a Consultant Psychotherapist, trainer and supervisor with over 20 published works on mindfulness, suicide risk, supervision, emotional pain and DBT. She is an honorary lecturer for Bangor University and sits on the UK expert reference group for Personality Disorder. She has a Shared-Learning Contributor award from NICE and is co-founder of the UK & Ireland Society for DBT. She retired from the NHS in 2012 after 30 years and now undertakes international consultancy work.

Dr Maggie Stanton is a Consultant Clinical Psychologist with 35 years of experience in the NHS. After running a large Psychological Therapies Service she now focuses on providing training and supervision on mindfulness and mindfulness based interventions in the UK, Ireland, USA and Australia. She has published on mindfulness and is an honorary lecturer at the University of Southampton on the CBT Diploma and the Doctorate in Clinical Psychology.

This workshop is suitable for professionals with experience of mindfulness including coaching, clinical and counselling psychologists, counsellors, social workers, mental health nurses and CBT practitioners.

5th October 2018 0950 – 1630
The British Psychological Society
30-34 Tabernacle Street
London Finsbury
EC2A 4UE

Prices including lunch & refreshments
Until - 5th Sept 2018 £120 plus vat
From – 6th Sept 2018 £135 plus vat
For more information or to reserve a
place visit :- www.stantonltd.co.uk or
www.grayrock.co.uk

grayrock

A training workshop produced in
partnership between **grayrock** and
STANTON psychological SERVICES

Stanton
psychological services