

# Teaching Clients to use Mindfulness Skills

*A one day workshop in the 'Teaching Clients to...'™ series*

**In the last 15 years Mindfulness has been incorporated into a number of psychological treatments for mental health conditions.**

In this workshop two senior clinicians from the NHS will share their experiences and techniques for teaching mindfulness skills to clients with a range of difficulties. They will introduce the concepts and demonstrate how to explain these to clients while gently leading them through some experiential exercises.

**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 mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses and CBT practitioners.**

6<sup>th</sup> October 2018, 0930 – 1630  
Radnor Hall  
Wesley's Chapel and Leysian Mission  
49 City Road,  
London  
EC1Y 1AU

Prices including lunch & refreshments  
Until 6<sup>th</sup> Sept 2018 - £120 plus vat  
From 7<sup>th</sup> Sept 2018 - £135 plus vat  
For more information or to reserve a place visit :- [www.stantonltd.co.uk](http://www.stantonltd.co.uk) or [www.grayrock.co.uk](http://www.grayrock.co.uk)

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

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