

INTRODUCTION TO MINDFULNESS

WEDNESDAY 11TH OCTOBER 2017

10:00 am – 4:30pm

Alumgarth Farm, Sleights, Whitby

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 Farhad Emad

Retired GP work and Mindfulness Trainer

FEES

£120 GPs (£90 for RCGP member and HYMS Clinical Tutors)

£110 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

For enquiries please contact **Jackie Houlton**

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