

Mindfulness Course

A 6 Week Course for Nursing, Allied Health and Medical Staff

Dr Maura Kenny, MBChB, MRCPsych, FRANZCP

Dr Maura Kenny is a Psychiatrist and Coordinator of the Mindfulness-based Cognitive Therapy (MBCT) Programs at the Centre for the Treatment of Anxiety & Depression, CALHN. She specialises in Cognitive Behaviour Therapy and Mindfulness-based Cognitive Therapy in the areas of Stress, Mood and Anxiety disorders, and has used these approaches in clinical, organisational and workplace settings. She has extensive experience of providing mindfulness courses to doctors and other health professionals.

In numerous studies, mindfulness-based approaches have been shown to enhance well-being, reduce depression and anxiety, and facilitate wiser responses to a range of physical and psychological health problems.

(Gotink et al, 2015)

There is also growing evidence that when health professionals practice mindfulness, there are beneficial effects not just for them, but for the patients under their care. (Grepmaier et al, 2007; Annelwing et al, 2009)

With the support of the Clinical Education Centre at the TQEHT, a 6 week Introduction to Mindfulness course is now being made available to Health care Staff who wish to learn mindfulness skills for use in their personal and professional lives. Participants are asked to practise meditation for 15 minutes on a daily basis in order to test out the potential benefits for themselves. These practices allow the possibility of greater steadiness, clarity, effectiveness and kindness within the workplace.

Every Tuesday

Dates 4th September – 9th October 2018

Time 6.00 - 7.15 pm

Venue Clinical Education Centre, TQEHT, Level 2D

Cost \$180 for nursing and allied health staff

\$200 junior medical staff and registrars

\$280 for medical and dental specialists

The different fee scales subsidise the running costs of the course, making it accessible for all – thank you. Payment plans are also available. Cost includes course booklet and guided meditations. CPD certificates are available at the end of the course on request.

To register, please contact admin@mindfulscp.com