

Introduction to Mindfulness for Healthcare Professionals and Carers

This is a 2 day (10 hour) introductory course to mindfulness, available in workplace settings, or as a two day weekend intensive, or over five, 2 hour sessions. It is aimed exclusively towards healthcare professionals or carers who work with patients. The techniques and tools you will learn will help you to manage the everyday stresses faced in working or caring for people with illness

This introductory course is based on Jon Kabat-Zinn's mindfulness based stress reduction programme. You'll learn how to focus your awareness, cultivate calmness and develop non-judgmental acceptance through a range of meditation and awareness practices. The course can help you reduce stress, manage or reduce chronic pain, manage anxiety and live life more fully. You do not need to have a specific physical or psychological difficulty to find it helpful.

Course Content:

- The theory of mindfulness: what it is, definitions, historical context, applications in health-care
- The theory of primary and secondary suffering, the place of acceptance, doing and being modes, the importance of the body as a foundation for mindfulness, brain plasticity
- The practice of mindfulness: body scan meditation, breathing anchor meditation, 3 minute breathing space, gentle mindful movement
- Ways you can establish a personal mindfulness practice of your own
- Ways you can begin to introduce mindfulness into your work with patients or clients

Pricing

The course fees are **150 € per person**, the fees include: **10 teaching hours**, a **course manual** and **guided meditations** to use at home. **A 50 €** deposit is required to reserve a place on a course. Participants should wear comfortable clothing and arrive ten minutes before each session.

Are there any other costs? Is there anything I need to bring?

Please ensure you read the course outline fully to ensure the course is right for you. Transfers are not possible once the course has started. Cancellations must be made in writing 10 days before the start of the course to be eligible for a refund and a 20% admin charge will be deducted from the refund amount.