Programme Outline

10 – 5

10.00 Welcome, introductions and settling into being here. Sitting breathing meditation.

10.30 Teaching session:
- Define and clarify the concept of mindfulness
- Understanding automatic pilot thinking
- Determine the place of mindfulness in the treatment of mental health problems
- Nice guidelines, research, evidence
- Clinical governance, contraindications, risk management, supervision and training

11.15 Coffee break

11.30 Experiential workshop to learning self-awareness through directed observation (meditation practices) and creative exploration of bodily sensations and emotional responses that arise out of the practice (Art Therapy or Authentic Movement).
- Inquiry into the sensations, emotions, thoughts and feeling tone of the body.
- Verbal group exploration of movement and images.

WASH HANDS!

13.00 Introduction to mindful eating

13.15 Silent Lunch

14.00 Mindful movement and the importance of grounding.

15.00 Teaching structure, Mindfulness and Individual Psychotherapy, Embodied Presence and the relational stance.

15.30 Compassion and loving kindness meditation, followed by creative expression and group feedback.

16.00 Q & A

16.30 Plenary

For further information please contact Gill Lock on 07801 789686 or email GillianLockMA@gmail.com

www.mindfularts.co.uk