MINDFULNESS COURSE FOR GPs

Wednesday evenings: 7pm-9pm

Starting on 11th of January until 8th of March 2017
There will be a break for half-term
Eight 2 hour sessions in far Headingley, Leeds (near the Ring Road)

This is part of a range of initiatives which the three CCGs in Leeds are offering to support GPs' mental health and emotional wellbeing in partnership with the LMC. While other work takes place in the city to improve working conditions in primary care, mindfulness skills training is one of the most effective skills for GPs to learn to improve their own mental health and wellbeing.

Who can book a place?
Any GP who experiences stress in their life. Regardless of whether their stress is caused by anxiety, worry, depression, health problems, chronic pain, self-critical thoughts or simply too much pressure at work. This course can help you relate differently to your difficulties and support you in developing a kinder and more compassionate attitude towards yourself.

Only 15 places available

Access is restricted to 5 per CCG (West, North, and South and East)
Deadline for applications 14th of December, 5pm.
To express interest in the course or to reserve a place on a

2-hour information & taster workshop on Wednesday 7th December 7-9pm

email: **kamilahort@hotmail.com** as soon as possible.
There are only 30 places available on this taster workshop

Funded by NHS Leeds West CCG, NHS Leeds North CCG and NHS Leeds South and East CCG

About the programme

This course is an adaptation of the original MBCT course, initially developed by Segal, Williams and Teasdale in the 1990s to help people suffering with depression to reduce relapses of illness. This Mindfulness for Stress programme consists of 8 weekly 2h sessions in a small group of people (maximum 15). All training complies with the Good Practice Guidelines (GPG) from the UK Network for Mindfulness-based Teacher Training Organisations.

What will you learn?

The core skill that you will learn is 'mindfulness'; a way of paying attention, on purpose and non-judgmentally, to what goes on in the present moment in your body, mind, and the world around you. You will learn several key mindfulness practices and have the opportunity to discuss these and to share your experience of them in the group. You will develop skills to help you stay in touch with the present moment and to develop more appropriate responses to stress rather than reacting in unhelpful ways.

You will also learn how to:

- meditate and give your mind a break from thinking
- use mindfulness meditation to support yourself in dealing with everyday stresses
- cultivate a "being mode of mind" instead of using a "doing mode of mind"
- relate differently to the content of your thoughts
- get some *'distance and perspective'* on your thoughts and emotions
- make wise choices rather than live your life on automatic pilot
- observe the events in your mind (thoughts, emotions & body sensations) with kindness and acceptance

Expected benefits:

- lower stress and burnout levels
- greater enthusiasm and optimism
- better sleep, memory and concentration
- improved self-esteem, general well-being and better self-care
- reduction in depression and anxiety symptoms
- more balanced perspective on difficult events
- dwelling less on the past and worrying less about the future
- becoming less judgemental and self-critical
- greater capacity to cope with pain and difficulty
- greater ability to cope with long-term and short-term stress

To gain maximum benefit, you will be asked to attend all the sessions and to set aside 45 minutes for practice 6 days a week.

About the facilitator

Dr Kamila Hortynska is a Clinical Psychologist and Accredited CBT Therapist specialising in Mindfulness Based Interventions. She has completed several specialist trainings to facilitate MBCT courses and supervises other facilitators. She has special interest in the use of mindfulness as a method of personal and professional development and she has completed doctoral research into clinicians' development as mindfulness practitioners. She has been practicing mindfulness personally and professionally for almost 12 years.