

Mindfulness Conference

**Venue: Bredbury Hall Hotel and Country Club,
Stockport**

Date: Wednesday 18th May 2011

Mindfulness refers to the “development of the ability to pay deliberate attention to our experience from moment to moment to what is going on in our mind, body and day-to-day life.”*

Research has shown that Mindfulness-based approaches have a significant impact in improving mental health and emotional well-being. They can help reduce stress and anxiety, improve concentration and attention and can also have an impact on depression and related disorders.

This one day **conference** will explore the concept of mindfulness and highlight recent research into the benefits of using mindfulness-based approaches.

As well as keynote speeches from experts in the field, there will also be opportunities to explore practical applications in the form of experiential workshops.

Please see overleaf for details of the speakers and workshops.

Who is the conference for?

Psychologists, head teachers, SENCOs, mental health practitioners, therapists, family workers and all people who are interested in improving the learning and well-being of children, young people and families, within the context of creating a healthy environment for all.

Cost: £95 per delegate. This includes refreshments, lunch, delegate pack and certificate. £10 discount for bookings made before 31st January 2011.

For more information or to book a place, please **contact:**

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* Centre for Mindfulness Research and Practice, University of Bangor.

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Speakers and workshop providers

Dr Andrew Curran - is a paediatric neurologist with strong interests in epilepsy, long-term non-neuromuscular neurological disability, traumatic brain injury, Autistic Spectrum Disorder (ASD) and headache. He has recently published a layperson's guide to brain functioning, called the *The Little Book of Big Stuff about the Brain*. He will present a keynote speech entitled: "The Mindful Brain."

Chris Cullen - is co-founder and co-director of the Mindfulness in Schools Project. He is a freelance mindfulness teacher and psychotherapist, currently studying for a Master's Degree in Mindfulness-Based Cognitive Therapy. He will be presenting a keynote speech introducing the work of the Mindfulness in Schools Project which includes the development and testing of a mindfulness curriculum for use in secondary schools.

Christopher Mitchell - author, has Asperger's Syndrome and has studied in Mindfulness Stress Reduction (MSR) techniques. He will present an experiential workshop on how MSR techniques have helped him and can help others with anxiety management.

Usha McNab - is a teacher of meditation with over 30 years experience. She will present an experiential workshop on mindfulness and self-awareness, focusing on feelings and body awareness.

Julie Williams - is a dramatherapist who has trained in Mindfulness -Based Cognitive Therapy and will present a workshop on how she has integrated mindfulness approaches into her work as a therapist.

Elysabeth Williams - is a public mental health advisor for NHS Stockport who is a key member of the Five Ways to Wellbeing working group. She will be setting the context with reference to this initiative.

Andrew Britton - is a senior practitioner child and educational psychologist in Stockport who is a part of the Psychology Service special interest group on mindfulness and who has been delivering training on mindfulness, alongside a colleague, to staff in education and social care contexts. He will be presenting a keynote speech entitled: "What is mindfulness?"

Wendy Smith - is a teacher and play therapist from the Stockport Primary Jigsaw team who will present a partly experiential workshop on the Yoga in Schools project that she has been involved with through Stockport TaMHS.

Dr Sahaja Davis - is an educational psychologist, who has taught mindfulness for over fifteen years and led a number of retreats and courses for professionals. MBC is a tool for practitioners who regard conversations as the essence of their work. The application of mindfulness to our conversations can free us from our own pre-occupations, allowing us to be fully present with our clients and help us respond in more creative and flexible ways. This workshop will give attendees an experiential understanding of MBC and the ways it can be incorporated into a range of work including therapy, supervision and consultation.