

Teaching Clients to use Mindfulness Skills

A one day workshop in the 'Teaching Clients to...' series

In the last 15 years Mindfulness has been incorporated into a number of psychological treatments for mental health conditions.

In this workshop two senior clinicians from the NHS will share their experiences and techniques for teaching mindfulness skills to clients with a range of difficulties. They will introduce the concepts and demonstrate how to explain these to clients while gently leading them through some experiential exercises.

Dr Maggie Stanton is a Consultant Clinical Psychologist heading a team of psychological therapists in the NHS. She teaches mindfulness skills regularly to clients, both individually and in groups. She supervises and lectures at the University of Southampton on the CBT Diploma and the Doctorate in Clinical Psychology.

Christine Dunkley is an advanced practitioner in psychological therapy and leads weekly mindfulness groups in two community mental health teams. She is also on the national training team for Dialectical Behaviour Therapy and teaches DBT skills to NHS and forensic staff throughout the UK.

Both clinicians have over 20 years experience in the NHS.

This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses and CBT practitioners. It is approved for Continuing Professional Development by the BABCP.

15th Jan 2010, 9.30 am – 4.30 pm
The British Psychological Society
30-34 Tabernacle Street
London Finsbury
EC2A 4UE

Prices including lunch & refreshments
Until 15th Dec 2009 - £110
From 16th Dec 2009 - £125
For more information or to reserve a place visit :- www.grayrock.co.uk

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A training workshop produced in partnership between grayrock and STANTON psychological SERVICES

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