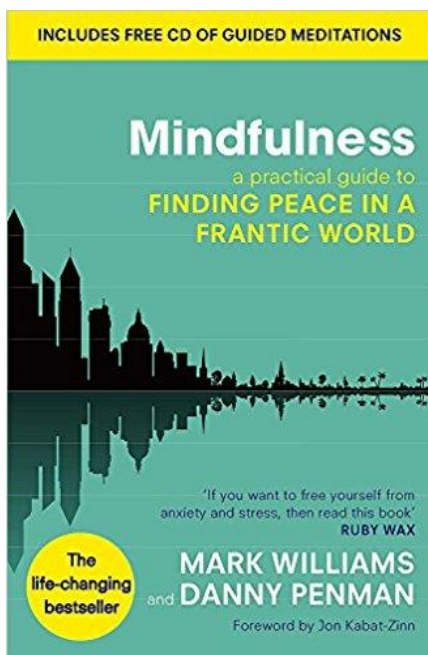


MINDFULNESS COURSE FOR POSTGRADUATE DOCTORS

'A practical guide to finding peace in a frantic world'

8 WEEK ON-LINE COURSE

**Sunday or Weds evenings 7.30-9.00 starting 28th Jan
(attend either evening according to shift)**



Mindfulness is a meditation-based practice which teaches participants the skills to find a clearer focus and stillness in the midst of a busy life and also to cope creatively with anxiety, stress and depression. This course is suitable for beginners and also for those who have done some mindfulness before

INTRODUCTORY/TASTER SESSIONS

In order to join the course you will need to attend one of the introductory sessions. Attending one of these will also help you to decide if this is for you.

The introductory/taster sessions will take place on:

Sunday 7th January: 7.30-8.30pm

Weds 10th January: 7.30-8.30pm

Sunday 14th January: 7.30-8.30pm

Weds 17th January: 7.30-8.30pm

To book yourself onto a taster Session please use the following link:

<https://forms.office.com/e/1DLqG2DwwN>

FULL COURSE DETAILS BELOW

POSTGRADUATE DOCTORS MINDFULNESS COURSE

FOR: Doctors in Postgraduate Training

WHERE: Online via Zoom

COST: Fully funded by PSWS

WHEN: 8 weekly evening sessions starting late January 2024

- **All sessions run on zoom from 7.30 to 9.00pm**
- **Each week you can choose to attend the course either on the Sunday or the Wednesday**
- **Sunday sessions:** Jan 28, Feb 4, 11, 18, 25, Mar 3, 10, 17
- **Wednesday sessions:** Jan 31, Feb 7, 14, 21, 28, Mar 6, 13, 20.

COURSE DESCRIPTION

These on-line sessions will include simple guided mindfulness practices together with the opportunity to reflect on the practices together and support for how to bring such practices into our daily lives. Some of the sessions will also include cognitive exercises to help us to engage experientially with how the human mind works.

The eight week programme begins with practices which help us to recognise what is going on in our experience from moment to moment. It will continue by offering us the means to find a steady anchor for our attention and emotions in the midst of ordinary life. Later in the course we will learn to develop a new relationship with our own thoughts, discover ways of being with difficult experiences (including being a bit kinder to ourselves) and also how to arrange our lives to avoid over stress and burn out.

The downloadable audios are offered as a way of practising these new skills in between the sessions and are strongly encouraged as a way of getting the most out of the course.

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COURSE BACKGROUND AND EVIDENCE BASE.

The course is drawn from the book: 'Mindfulness – a practical guide to finding peace in a frantic world' by Professor Mark Williams and Dr. Danny Penman. It is not necessary to read this book but if you would like to we recommend reading the first four chapters before the course starts and then the chapter related to the session each week.

This book is rooted in the evidence based course, Mindfulness Based Cognitive Therapy, developed at the Oxford Mindfulness Foundation in conjunction with Universities of Oxford, Cambridge and Toronto

YOUR COMMITMENT:

- i. Commit to attend all eight sessions to complete the whole curriculum. To make this easier around rotas, each session will be run twice during the week on Sunday and Wednesday – you can simply attend on the day that fits best for you each week.
- ii. Commit to engage with the daily mindfulness practices between sessions with the aid of audio downloads. These range in duration from 8 to 20 mins. In addition there will be some simple informal practices suggested.

SAFEGUARDING YOUR MENTAL HEALTH

Important: Mindfulness can be very supportive for managing stress, anxiety and depression but if you have a pre-existing clinical mental health issue it is important that you speak to your own medical practitioner before joining these sessions.

COURSE LEADERS

Tim Stead and Susie Stead both trained to teach mindfulness with the Oxford Mindfulness Foundation (<https://www.oxfordmindfulness.org/>) which is affiliated to Oxford University's department of Psychology. Both have been teaching mindfulness for many years including to Oxford University students, Postgraduate Doctors and the general public.