Mindfulness in clinical practice

A day workshop for front-liners with Navachitta Macgregor

Friday, October 4th, 2013; 9.00am-4.30pm
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VENUE  Auckland Buddhist Centre, 381 Richmond Rd, Grey Lynn, Auckland

INVESTMENT  $150

ATTENDANCE Mental Health and Addiction professionals working in clinical practice

Are you suffering from job dissatisfaction and burnout?

Is your own sense of well-being deteriorating?

Do you worry about the effects on the quality of care you can provide?

If you answered “yes” to one or more of these questions, then this workshop is for you.

A powerful but under-recognized approach to these challenges is to enhance practitioners’ capacity for mindfulness.

Mindfulness in the workplace refers to the ability to be aware, in the present moment, on purpose, with the intention of providing better care to clients and of taking better care of oneself. Mindfulness is at the core of clinical competence, and includes the capacities for critical curiosity, attentive observation, beginner’s mind, and presence.

This workshop will introduce participants to the skills and tools necessary to bring mindful presence into daily clinical practice and continuing education.

OUTCOMES

After attending this workshop you will be able to:

• develop spaciousness in your busy work day. Successfully applied, this can mean you have more energy at the end of a work day.

• improve your inter-personal relationships with colleagues and clients.

• accomplish more by doing less.

• reduce your overall stress level and manage it more helpfully when difficulties inevitably do arise.

• apply a basic daily meditation practice with tips on how to maintain it.

Register now – spaces are limited!
ABOUT THE TRAINER

Navachitta Macgregor, B.Alc&DS, DAPAANZ reg.prac., has been teaching mindfulness practice and meditation techniques for thirty-five years. She currently runs Mindfulness Courses for Cads Mt Eden. She leads retreats and facilitates mindfulness practice and body/mind awareness practices in other contexts in New Zealand and Australia. She has recently completed training in Mindfulness Based Relapse Prevention in USA.

REGISTRATION AND PAYMENT

Please use the registration form attached to this email and return it to me. Details of how and when to pay are on that form.

ABOUT MINDFULNESS IN CLINICAL PRACTICE

Research suggests that courses in mindful practice and mindful communication can result in lower burnout and greater well-being, empathy and client-centered care. In addition, mindful practice may result in fewer errors, a greater sense of presence, the ability to see a situation from multiple perspectives before reacting, and greater satisfaction from work. Our current health care environment can make mindful practice challenging.

Accordingly, this workshop will address these external barriers as well as participants’ own internal barriers to self-awareness such as unexamined emotions, premature closure, over concreteness and emotional exhaustion – which can manifest as feeling overwhelmed by suffering, ignoring the obvious, treating others like objects, withdrawing from unpleasant or anxiety-provoking situations, having difficulty tolerating ambiguity and uncertainty, making hasty decisions and substance misuse.

NB: 15 DAPAANZ POINTS FOR ATTENDANCE
This workshop will be devoted to establishing an experiential understanding of mindfulness meditation, based around four key foundations of mindfulness, beginning with mindfulness of the body. Participants will work together in small groups, with didactic elements built into the experiential exercises.

As the practice of mindfulness deepens, participants will bring a greater degree of nonjudgmental moment-to-moment awareness to their reflections relating to difficult issues in the workplace including emotional exhaustion, and will be given the opportunity to learn to experience the presence of meditative awareness in the midst of these challenges.

THE NEUROSCIENCE OF MINDFULNESS

With recent scientific and technological advances there has been a growing literature on the neuroscience correlates of contemplative practices.

We will study Dr Richie Davidson’s latest work on the Compassionate Mind and apply some of the content in small focus groups.

“With mindfulness we can practice navigating through all the ups and downs we encounter, the storms of the mind and the storms of our bodies, the storms of the outer life and the inner life. We learn to be aware of our fears and our pain, yet stabilized and empowered by a connection to something deeper within ourselves, enabling us to discover some peace and hope within our situation as it is.” John Kabat-Zinn, Ph.D.

PROGRAMME

9:00 - 9:30 am: Introduction to course and each other.
9:30 - 9:40 am: First mindfulness practice: Breathing space

9:40 - 10:30 am: Mindfulness of the body.
   Body awareness exercises;
   Learning how mindfulness of the body can be a vital key to adrenal over-drive: Body scan

10:30 - 10:40 am: Break

10:40 am: Mindfulness of Breathing meditation: The breath as ‘anchor’ in stressful situations

11:45 – Noon: Focus groups

Noon - 1:00 pm: Lunch Break: Mindful eating

1:00 - 2:00 pm: Neuroscience of mindfulness: The compassionate brain

2:00 - 2:30 pm: Mindfulness of emotions and thoughts

2:30 - 3:30 pm: Compassion fatigue: Compassion meditation (for self and other)

3:30 - 3:40 pm: Break

3:40 - 4:00 pm: Mindful walking; mindfulness of the environment including each other

4.00 pm: Check out