

# PROFESSIONAL DEVELOPMENT SHORT COURSES

## SCHOOL OF NURSING



### MINDFULNESS BASED STRESS REDUCTION – FOSTERING A REGULAR PERSONAL PRACTICE – AN EXPERIENTIAL SHORT COURSE FOR HEALTH PROFESSIONALS

A growing number of health professionals are curious about incorporating mindfulness into their daily lives to sustain wellbeing and reduce reactivity. There is also considerable interest in recommending or providing mindfulness-informed practices to patient/client groups. Mindfulness is now an evidence-based practice that is at the core of numerous contemporary therapeutic interventions, including Mindfulness-Based Cognitive Behavioural Therapy, Acceptance and Commitment Therapy and Dialectical Behavioural Therapy. To guide others in mindfulness-based practices, authentic facilitation comes from a grounded understanding through having established a sustained, regular, personal practice.

#### COURSE SCHEDULE

This is a two-day practice-focussed course 9am-4.30pm, which uses a modified framework of Jon Kabat Zinn's renowned Mindfulness-Based Stress Reduction programme. The course is designed for those new to practice or who are early on in the development of a regular, personal practice. Participants need to be available, free of other commitments, for the full time period, including lunch breaks, as these are incorporated as practice sessions. This course can also be tailored to meet the needs and timeframes of your organisation.

#### LOCATIONS

Wharerata Function Centre, University Avenue,  
Massey University, Palmerston North

#### DATES

Thursday & Friday 5-6th November 2015

#### COST

\$430.00 (plus GST)

#### ABOUT THE FACILITATOR

Catherine Cook RN, PhD, M. Counselling

Catherine has a long-standing practice in mindfulness-based stress reduction and has undertaken teacher training in this field. Catherine is familiar with facilitating mindfulness-based practices with clinicians (nurses, doctors, counsellors) for whom she provides professional supervision. Those who establish an ongoing practice are likely to experience numerous benefits to health and wellbeing. As a skilled facilitator, her commitment to adult teaching and learning principles ensures an engaging and supportive environment, full of practice opportunities.

#### OUTCOMES

Following participation in this course you will be able to:

- Understand the differences and connections between mindfulness, relaxation, positive thinking and concentration
- Develop a personal daily formal mindfulness practice, using the eight-week personal practice planner and supplied recordings
- Draw on informal mindfulness to optimise wellbeing and non-reactivity in everyday life
- Continue to use awareness of the breath and other bodily sensations to anchor awareness in the present
- Use mindfulness practice to engage compassionately with difficult thoughts, feelings and bodily sensations
- Bring mindfulness into relationships; those that go well and those that are more challenging

### FOR FURTHER INFORMATION

For more information and to register your interest in this course, please contact:

Anne-Marie Ngan, Programme Coordinator, Professional Development. PaCE, Massey University

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