

# Mindfulness Based Stress Reduction

*An 8-week evidence based experiential course based on mindfulness meditation training*

***'Mindfulness can best be described as an intentional focussed awareness – a way of paying attention, on purpose, in the present moment, non-judgementally' Jon Kabat-Zinn***

Over the last two decades, there has been an expansion and proliferation of mindfulness meditation programmes employed within education, work and healthcare settings. The aim of these programmes is to decrease stress and improve attention and well being. They are designed to help people learn new ways of handling difficult physical sensations, emotions and thoughts, and to explore a new and more satisfying relationship with their moment-to-moment experience, even when that experience is unwanted. Pioneered in the U.S., these programmes have been shown to improve both mental and physical health and have been endorsed by NICE (National Institute for Clinical Excellence).

Although some participants do find the course helpful in their work with patients, the primary emphasis at this stage is on developing our own capacity for mindful attention. Over the 8 weeks, we learn various mindfulness practices (formal and informal) which we practice in between sessions. We also explore and share our discoveries as we go along. This helps us become more familiar with the universal, automatic processes which propel us towards stress and how we can use our attention more beneficially.

The next course will meet weekly at Roxburghe House from **5.15pm to 7.15pm** starting on **Thursday, 31st October 2019** for 8 consecutive Thursdays (**until 19<sup>th</sup> December 2019**). There will also be one full Saturday retreat on **7th December 2019**. If you will miss more than one session, I suggest that you enrol at another opportunity.

The course also entails approximately 30-40 minutes/day (6 days per week) of home practice in between the taught sessions. Although participants consistently find it a challenge, the amount of benefit they derive from the course is contingent upon their capacity and willingness to make this commitment. Again, I would recommend that you consider this carefully before enrolling.

The cost for the course, including all teaching materials is £70.00. Places are limited and will be allocated on a first come, first served basis. Please return the attached booking form **with payment** to secure a place. I do not accept direct payment from your employer so you will need to seek reimbursement from them personally if you are being subsidised.

## **Instructor:**

Kate Smith is a Primary Care Mental Health Worker, working in South Aberdeenshire for the last 11 years. She has taught numerous mindfulness programmes to patient groups and has also taught a small number of NHS staff groups to date. She has been practicing mindfulness for around 12 years.

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Booking Form  
Oct-Dec 2019

Name: \_\_\_\_\_

Occupation: \_\_\_\_\_

Work Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Email Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Payment method (please indicate)

- NHS Finance Code: (Please provide here: \_\_\_\_\_ )
- Cheque (Please make cheque payable to NHS GRAMPIAN)
- BACS (Sort Code: 60-70-80 Acct number: 10019340 Acct Name: GBS re NHS Grampian  
**(Please quote Ref: N20065 0950 to ensure payment goes to correct Budget )**  
**We also ask that if paying by BACS you email us a copy of the transfer**

Booking form with cheque/payment details should be returned to:

**Helen Moffat, Consultant Clinical Psychologist, Roxburghe House, Ashgrove Road,  
Aberdeen AB25 2ZH**  
[helen.moffat@nhs.net](mailto:helen.moffat@nhs.net)