*Mindfulness-based Cognitive Therapy (MBCT) for Doctors wishing to enhance their general physical and mental well-being.*

*April 2018: Course Information*

*Is the course for me?*

*If you are experiencing stress, anxiety, recurrent depression or feel generally 'dissatisfied' with your life, this course could help you develop skills to better respond to the 'ups and downs' of life. Mindfulness can also lead to improved job satisfaction, enhanced doctor-patient relationship and increased compassion.*

*Mindfulness is not a panacea for all problems and it is not suitable for people who are currently experiencing very severe psychological or physical problems. It is not appropriate for acute depression, psychosis, recent grief or substance misuse problems. On booking, we will ask you for some confidential information pertaining to your general well-being and state of mind to ensure the course is suitable for you at this time.*

*This is not a training course for Doctors to learn how to teach mindfulness skills to patients.*

*What will I learn?*

*You will learn to deal more skilfully with the stresses and strains of daily living. Practicing the skill of deliberately paying attention to what happens in mind and body we become more familiar with the workings of our own mind patterns and habits, some habits that may no longer be helpful for us. You can learn to spot your own 'warning signs' early, before the stress or depression become too overwhelming and then make plans for how best to respond, rather than react in our old familiar, often unhelpful ways. Learning to do this in a way that suspends judgement and self-criticism can have surprising results.*

*There will be a combination of guided meditation practices and cognitive exercises. In between sessions, there will be home practice for participants. This takes approximately 1 hour per day.*

*Teacher*

*Our MBCT courses are taught by Dr Lucy Harrison. Lucy is a local GP and is a fully qualified MBCT teacher. She meets the UK Good Practice Guidelines for Mindfulness-based Teachers, i.e. she is suitably trained, committed to continuous professional development, holds appropriate insurance and receives supervision for her teaching through Oxford University.*

***Venue***

*Quaker Meeting House*

*1 West Avenue*

*Gosforth*

*Newcastle upon Tyne*

*NE3 4ES*

*(see map below for directions)*

***Course Dates***

*This course will run on Thursday evenings from*

*6.30 - 9pm (sessions 1 and 8)*

*6.30 – 8.30 (sessions 2-7)*

*Session 1: 19.04.18*

*Session 2: 26.04.18*

*Session 3: 03.05.18*

*Session 4: 10.05.18*

*Session 5: 17.05.18*

*Session 6: 24.05.18*

*2 week break*

*Session 7: 14.06.18 \**

*Session 8: 21.06.18*

\**There will also be an essential* ***'Day of Mindfulness'*** *practice on* ***Saturday 16th June*** *10-4pm, venue:*

##  *Newton Bywell Community Hall, Stocksfield, NE43 7UL*

***How many people on each course?***

*Limited to 12*

***How much does the course cost?***

*£400*

*GP Health may assist in funding in some cases (please email Lucy Harrison for further information about this)*

***Application***

*Self-referral is via application from - please follow this* [*link.*](https://docs.wixstatic.com/ugd/7f87e3_77d6352ed6f04bbca491d39d1089776e.docx?dn=MBCT%20Course%20Application%20Form.docx)

*Bookings open now! Applications will be processed following the taster session in February.*

*If you have any questions, please do not hesitate to contact me via:**lucy.harrison@schoolofmindfulness.co.uk*

*Next course September 2018 (more information to follow)*