

Introduction to Mindfulness – a day's workshop

Description of workshop

Mindfulness is the awareness that emerges through purposefully paying attention to things as they are in the present moment in a way that is non-judgemental, curious and open-hearted. There is substantial research evidence that regularly practicing mindfulness can reduce the symptoms of stress, anxiety and depression, so much so that in 2006 it was recommended as a treatment for recurrent depression by the National Institute for Clinical Excellent (NICE). Furthermore, it can enhance cognitive skills, mental health and well-being.

This workshop is intended as an experiential introduction to mindfulness, with an overview of the evidence base for using mindfulness-based approaches with adults and children, including those with special educational needs and disability (SEND). It explores theory on how mindfulness 'works' and discusses ways to implement this approach in schools and other settings. It provides participants with tools to develop a practice of mindfulness for themselves and provides information about further training in this field.

Overall, the workshop aims to provide participants with:

- Opportunities to learn how to practice mindfulness – through experiential exercises.
- Information about the research evidence for the benefits of regularly practicing mindfulness – for adults, children and young people.
- Inspiration ideas for bringing mindfulness into schools and educational settings – including information about well-researched mindfulness programmes for staff and pupils, including those with special educational needs.
- Information on how mindfulness works.
- Materials to develop a personal practice and information on further training.

Overall, this introductory workshop covers theoretical and practical aspects of mindfulness and prepares for further training.

Sample plan for the day

- 9:30am – Practice: Setting intentions for the day.
- 9:45am – What is mindfulness? Practice: The Body-scan practice
- 10:15am - Evidence base for mindfulness with adults and children.
- 11am – Break
- 11:15am – Practice: Mindfulness of Breath and body.
- 11:30am – Mindfulness in schools: evidence-based programmes for adults (MBSR, .b Foundations, Frantic World) and children (.b, paws.b, MBAT). Practice: Mindful Eating
- 12:30pm – Lunch
- 1:30pm – Theory on how mindfulness 'works'. Components of mindfulness.
- 2:50pm – Practice: Breathing Space. Developing a personal practice. Further training.
- 2:45pm – Break
- 3:00pm – Practice: Sending kind wishes
- 3:15pm - Intentions, ways forward and evaluations.
- 3:30pm - Close

Background to the facilitator

Dr Bernadette Carelse has been teaching yoga and meditation since 1999. In 2002, she qualified as a secondary school science (physics) teacher and then, in 2005, trained as an Educational Psychologist and has worked at the Hackney Learning Trust ever since then.

From 2008 to 2013, she completed the Professional Doctorate in Applied Educational and Child Psychology at UEL. The research explored children's experiences of learning mindfulness to help develop their attentional skills. It involved designing and implementing a mindfulness intervention in a primary school. This intervention has been further developed to help children and young people to develop self-awareness and skills to stay calm and better engage in learning.

Through this experience, Dr Carelse has been delivering introductory training in mindfulness to participants with a range of backgrounds, including other educational psychologists, head teachers, teachers, teaching assistants, learning support assistants and parents. She has trained to deliver standardised mindfulness programmes, including the ".b", "Paws .b" and ".b Foundations" programme for pupils and the well-researched Mindfulness-Based Stress Reduction (MBSR) course for adults.

Cost

Cost of the day workshop is £600. This includes delivery of the course, planning and preparation, travel (if under 2 hours). After the course, a summary report of the feedback from participants may be provided on request.

The cost of a venue is not included, although one can be sourced if required.

Contact

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Best wishes,



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