

York MBSR

The Mindful Way to
Reducing Stress

The Northern Centre for Mindfulness and Compassion



MINDFULNESS FOR HEALTHCARE PROFESSIONALS

2 Day Workshop with Robert Broughton

10:00am - 5:00pm on Thursday 21st and Friday 22nd November 2013, York

Course Overview

This two day workshop introduces healthcare professionals to the richness that a mindfulness based approach can offer to both themselves and their patients. Topics covered will include..

- An introduction to mindfulness
- The research and theory supporting the benefits and effects of mindfulness
- Applications of mindfulness as a healthcare intervention
- What does mindfulness offer the therapist?
- MBSR/MBCT course overview and objectives
- Guidance to establish personal practice
- Introducing mindfulness to your patients
- Skills development and practice

Who Should Attend

Anyone working in healthcare with an interest in how mindfulness can support their work.

No previous experience of meditation is required as the course is designed to provide an understanding of mindfulness and will provide the tools to enable delegates to establish their own practice and introduce some basic techniques to their patients.

For delegates who wish to develop their mindfulness skills further, both personally and professionally, our 8 week MBSR course is recommended.

The Speaker

Robert has trained with some of the field's leading researchers from the US and the UK, and has an established meditation practice dating back almost 30 years. Since establishing [The Northern Centre for Mindfulness and Compassion](#) in 2006, Robert Broughton has instructed over 30 MBSR and MBCT courses, and has introduced more than 250 individuals to the benefits of mindfulness meditation. Robert has worked closely with specialist groups and delegates from all walks of life, supporting and empowering his clients to take an active approach to improving their quality of life and managing a range of conditions including anger, anxiety, chronic pain, CFS/ME, depression, drug and substance abuse, high blood pressure, IBS, OCD, PTSD and stress. Robert is often an invited speaker at schools and universities throughout North Yorkshire and has been commissioned by the NHS to provide public MBSR and MBCT courses in the area.

Price

£240 /216 (including VAT, materials & refreshments) - **please see overleaf for booking details.**

CONTACT

The Northern Centre for
Mindfulness and Compassion
Suite Z Holgate Villa
22 Holgate Road
York YO24 4AB

FURTHER INFO

For **booking enquiries**
please do not hesitate to
contact Kim on:

T: 01904 634710

E: relax@yorkmbsr.co.uk

The Northern Centre for Mindfulness and Compassion run a range of workshops for individuals, healthcare professionals and organisations centred on the practice of mindfulness. **Please see www.yorkmbsr.co.uk for further details.**





FURTHER INFO

*Please note that as far as possible all correspondence will be sent by email.

**Price includes VAT, refreshments, and materials.

In signing this registration form you accept the terms and conditions of attendance and cancellation policy. Please see website for details.

CONTACT

Please send your completed **Booking Form** to:

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Suite Z Holgate Villa
22 Holgate Road
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Booking Form

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Surname:		First Name:		Title:	
Telephone:		Email*:			
Correspondence Address:					
Price **	Early Bird Booking Discount: £216				<input type="checkbox"/>
	Full fee from 21st October 2013: £240				<input type="checkbox"/>
	Please contact us if you would like to take advantage of our organisational booking rates (5 places for the price of 4).				
Payment Method	<i>Please note that advance payment is required to confirm your booking.</i>				
	Cheque enclosed - Please make payable to 'York MBSR Ltd'				<input type="checkbox"/>
	Standing Order / BACS to: York MBSR Limited Cooperative Bank PLC Sort Code: 08-92-99 Account Number: 69217410				<input type="checkbox"/>
	Invoice – please invoice the following:				<input type="checkbox"/>
	Contact Name:				
	Organisation Name:				
	Purchase Order Ref:				
	Invoicing Address:				
	<i>Please Note: In the event of an invoicee not paying the due fee, the delegate becomes responsible for the full amount due.</i>				
Any special requirements (dietary, access etc)					
Signature:				Date:	