

Rescheduled* 2022 SMC 9th Annual Conference

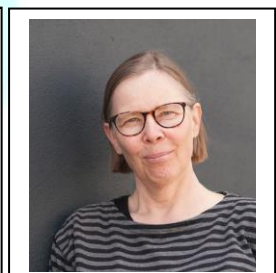
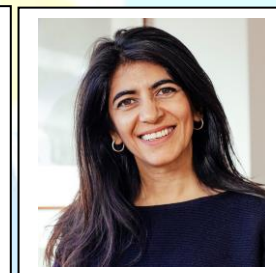
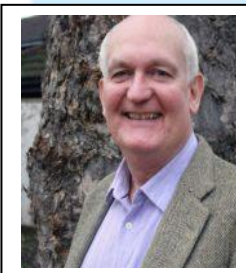
What is Mindful Culture? A clinical, appreciative perspective.

Friday 10 March 2023

Friends Meeting House, Ship Street, Brighton, BN1 1AF

9:30am to 4:30pm

In a complex and uncertain world how can organisations cultivate mindful culture? Whether we work in the healthcare, education, politics or in the community grassroots, what supports compassion and wellbeing, and enhances performance? How do we adapt what we offer to meet the needs of diverse groups?



Keynote speakers:

- Chris Ruane: **Creating a Mindfulness culture in Politics**
- Miia Chambers and Uz Afzal: **Co-producing a radically caring culture**
- Chris Tamdjidi: **Transforming our mind, transforming our culture: Mindfulness in organisational life**
- Prof Willem Kuyken: **Is Mindfulness (-based cognitive therapy) coming of age? The story so far and a vision for the future.**

With workshops looking at:

1. Exploring Mindfulness-Based Inclusion Training - Dean Francis
2. Mindful Calligraphy - Juan Du
3. Mindfulness Based Relapse Prevention; using mindfulness to bring perspective and choice to addictive behaviours - Nicky Mouat and Jenny Nicholson
4. Mindfulness courses for young people: Research findings and implications for practice - Clara Strauss and Ruth Sequeira
5. A widening field: Mindfulness as Social Practice. In increasingly challenging times how can the culture of mindfulness-based interventions widen in response? To facilitate this exploration, participants will engage in relational practice. This is an experiential, participatory workshop - Rosalie Dores
6. Mindful Poetry and Reflection - Heather Ball and Hazel Ragoonanan

Tickets

Free: SMC Advocates, current/recent (last 12 months) Sussex Partnership service users, SPFT staff, SMC Trust-Approved Mindfulness Teachers and Trainers (including graduates & alumni over past two years).

£25: Current MBCT IAPT Trainees (intake March 2022)

£40: Other NHS Trusts – Please use your NHS email address when booking.

£90: General admission

CPD Attendance Certificate Provided.

How to book

Book via Ticket Tailor.

<https://buytickets.at/sussexmindfulnesscentre/684979>

Email: smc@spft.nhs.uk for more information.

Social Media



@Sussexmindful_SPFT #SMC2022 for live tweeting



Sussex Mindfulness Centre

***This is the rescheduled Sussex Mindfulness Centre annual conference that was postponed from 16 September 2022 to observe the official mourning period of the Queen to allow the nation to remember Her Majesty's life and service.**