

Masterclass MBCT: the evolving story

Who is this for?

Suitable for mindfulness teachers and those training to be mindfulness teachers

The day will chart the unfolding of the story of MBCT research and practice, interweaving presentations with practice and dialogue.

Participants will be supported to situate ourselves within the evolving story with invitations to inquire into the role we are all playing – how is our MBCT practice situated? What are the questions and dilemmas we are experiencing?

Led by: **Rebecca Crane with Clara Strauss**

Date: **Friday 9th December 2022**

Time: 9.30-4.30pm

Venue: ONLINE

Cost: £110.00

One mindfulness event per annum is free to Trust-Employed & Approved mindfulness teachers and £30 for subsequent events in the same year.

Request a booking form: smc@spft.nhs.uk

<https://buytickets.at/sussexmindfulnesscentre/595868>

Rebecca Crane PhD directs the Centre for Mindfulness Research and Practice at Bangor University and has played a leading role in developing its training and research programme since it was founded in 2001. She teaches and trains internationally in both Mindfulness-Based Cognitive Therapy and Mindfulness-Based Stress Reduction (MBSR). Her research and publications focus on how the evidence on mindfulness-based interventions can be implemented with integrity into practice settings. She has written 'Mindfulness-Based Cognitive Therapy', co-authored 'Mindfulness-Based Cognitive Therapy with People at Risk of Suicide', and is a Principle Fellow with the Higher Education Academy.



Clara Strauss, PhD is the Research Lead for the Sussex Mindfulness Centre. She is a consultant clinical psychologist, mindfulness teacher and clinical researcher. In her research, Clara is particularly interested in developing and evaluating new forms of mindfulness-based intervention (MBI), especially for those people who may not be willing or able to access MBCT. Along with other members of her research team, Clara has been evaluating MBIs for people experiencing depression, for people distressed by hearing voices and for people experiencing obsessive-compulsive disorder (OCD). This research has also included research with NHS staff, university students and the wider population.

