






## SMC 2021 conference 17 Sept 2021: Information about the presenters and workshops

Who	Biography	
<p>Dr Clara Strauss</p> 	<p>Clara Strauss 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).</p>	<p><b>Host</b> – Co-Lead, Sussex Mindfulness Centre</p>
<p>Dr Robert Marx</p> 	<p>Robert Marx is co-lead for the Sussex Mindfulness Centre with responsibility for training and practice. He leads on the national MBCT in IAPT training programme, currently delivering its third cohort. He is currently Chair of the British Association of Mindfulness Based Approaches (BAMBA). He teaches MBCT in the Brighton adult secondary care service (ATS) and teaches Mindful Self Compassion (MSC) to staff.</p>	<p><b>Host</b> – Co-Lead, Sussex Mindfulness Centre</p>

<p>Sam Allen</p> 	<p>Sam Allen became Chief Executive of Sussex Partnership NHS Foundation Trust in 2017. Sam started work in the NHS in 1996 and has a background in the operational management and leadership of mental health services and health and social care commissioning. Sam has also gained valuable experience working with an international healthcare organisation in the private sector. Sam is a Chartered Manager and Companion of the Chartered Management Institute and Chair of the Health and Care Women Leaders Network. As a Leadership Fellow at St. George's House, Windsor Castle, Sam takes an active role in influencing culture and leadership development across the NHS.</p>	<p><b>Opening Address</b> Samantha Allen, Chief Executive, Sussex Partnership NHS Foundation Trust</p>
<p>Byron Lee</p> 	<p>Byron Lee has a background in health and social care, community and higher education, counselling and leadership development; and has spent the past 30 years supporting individuals, teams, communities and organisations build inclusive and compassionate practices, systems and cultures. His passion is supporting individuals, team and organisations weave together different sources of knowledge, wisdom and practice to support collaborative learning and change. His work</p>	<p>Keynote Mindfulness – a source of liberation or masked oppression?'</p>

	<p>includes developing and facilitating contemplative learning and development for leaders, change agents and activists involved in building inclusive and anti-oppressive cultures and practices. Over the past 15 months he has spent time providing supportive online spaces for people impacted by systemic racism and for those seeking to work as allies for change.</p>	
<p><b><u>Willem Kuyken</u></b></p> 	<p>Willem Kuyken, PhD is the Ritblat Professor of Mindfulness and Psychological Science at the University of Oxford, and Director of the Oxford Mindfulness Centre. His work is focused on better understanding depression and developing evidence-based approaches to preventing depression and recovery from depression.</p>	<p><b>Keynote</b> Stepping back and taking a wider view. Preventing depression and realising human potential across the lifespan</p>
<p>Caroline Lucas MP</p>	<p>Caroline Lucas – the first Green MP Caroline was first elected as Member of Parliament for Brighton Pavilion in 2010. She served as leader of the Green Party of England and Wales from 2008 to 2012, and Co-leader from 2016 to 2018. From 1999-2010 she served as one of the Party's first MEPs and represented the South East region until becoming the UK's first Green MP.</p>	<p><b>Keynote</b> Mindfulness in politics</p>

	<p>As an MP, Caroline has served as Chair of the All-Party Parliamentary Groups on Climate Change and Limits to Growth.</p> <p>She has been a Co-Chair of the All-Party Parliamentary Groups on Fuel Poverty and Energy Efficiency and Democratic Participation, and Deputy Chair of the All Party Parliamentary Group on Renewable and Sustainable Energy.</p> <p>She has also been Vice Chair of the All-Party Parliamentary Groups on Better Brexit for Young People, Choice at the End of Life, Drug Policy Reform, EU Relations, European Citizenship Rights, Food Waste, Land Value Capture, Proportional Representation, Pubs, Refugees, Sixth Form Colleges, State Pension Inequality for Women, Students, Visitors' Economy and West Papua.</p> <p>And she has been an Officer of the All-Party Parliamentary Groups on Sustainable Food and Farming, Domestic Violence and Abuse, Hate Crime, Sexual Violence and Southern Rail.</p>	
Celia Heneage	Celia Heneage trained in Mindfulness-based Interventions with the Sussex Mindfulness Centre in 2018. She has retired from her work as a Clinical Psychologist in teams for people with learning disabilities and now volunteers to support the development of mindfulness provision to	<b>Keynote:</b> Mindfulness with people who have learning disabilities

	<p>people with learning disabilities in Sussex Partnership Foundation Trust.</p>	
<p>Nicola Smith</p> 	<p>Nicola Smith is a self-advocate, who has worked as a Powerful Trainer with the Aldingbourne Trust for a number of years. She is a member of the Springwell Advisory Group, and works as a Health Advisor for people with learning disabilities in the Sussex Community Trust. Nicola was co-national Tsar for People with Learning Disabilities from 2006 to 2009.</p>	<p><b>Keynote:</b> Mindfulness with people who have learning disabilities</p>
<p>Lucy Edwards</p>	<p>Lucy is a Clinical Psychologist working in secondary care adult mental health services within the Trust since 2003. Lucy's relationship with mindfulness developed from experiencing its benefits first hand. She integrates mindfulness into her clinical work and in 2015 completed her mindfulness teacher training at the Sussex Mindfulness Centre. She teaches 8-week mindfulness courses, as well as being involved in the all day and drop in events at the Sussex Education Centre. Lucy facilitates the weekly Springwell Mindfulness drop in sessions run by</p>	<p><b>practice</b></p>

	Nicola, Celia and Gill and is working with them to develop mindfulness practice for adults with a learning disability.	
Hannah Shutt		<b>practice</b>
Catherine Cameron	Catherine is a clinical psychologist working within the community-based persistent pain team within Sussex MSK Partnership She has a particular interest in mindfulness and self-compassion in pain. She co-facilitates the mindful self-compassion course for staff with Robert Marx having trained to facilitate the MSC course in 2014 and before that running MBCT-based Mindfulness for Pain courses in Hove Polyclinic. She is also involved in the all days run for those who have attended the 8-week courses within the trust.	<b>Compassion practice</b>
<p>This session will be led by Gill Hurren, Nicola Smith, Lucy Westcott and Celia Heneage, with a contribution from L'Arche Bognor Regis</p> <p>Gill Hurren has been a learning disability nurse for over 30 years. She is lead nurse for Western Community learning Disability team based in Bognor Regis. Her journey with mindfulness started in 2015 when she</p>	This workshop will situate mindfulness with people with learning disabilities in the national/international context and show a brief video of practice in L'Arche Bognor Regis. It will offer participants the experience of an adapted practice, and allow for discussion with different people involved in developing this work locally.	<p><b>Workshop 1</b></p> <p>Mindfulness with people who have learning disabilities</p>

<p>completed the 8 weeks MBSR. She then went onto complete the SMC Adapted Mindfulness course in 2018 so she could incorporate mindfulness teaching into her clinical practice. Since then she has been involved with running mindfulness groups In Bognor and via Zoom for people with a learning disability.</p> <p>Lucy Westcott is Learning Disability Participation Lead for Sussex Partnership NHS Foundation Trust and has been practising mindfulness / meditation since 2010</p> <p>Lucy facilitates the weekly Springwell Mindfulness drop in sessions run by Nicola, Celia and Gill and is working with them to develop mindfulness practice for adults with a learning disability.</p>		
<p>Robert Marx and Clara Strauss</p>	<p>There is plenty of evidence showing how effective mindfulness-based interventions can be in reducing staff stress and improving well-being. So, we should be embracing the opportunity to provide it open-heartedly. Or should we? Could mindfulness sometimes buy into the narrative that workplace stress is caused by people's</p>	<p><b>Workshop 2</b> Colluding or coping? Mindfulness for staff</p>

	<p>lack of resilience, thereby conveniently locating the cause of stress in individuals, rather than with a lack of resources, or with poorly functioning organisational systems?</p> <p>This workshop will explore the evidence for mindfulness for staff stress, including recent MBCT-L, Headspace and Frantic world findings, and take a critical look at unquestioning implementation of mindfulness in the workplace.</p>	
<p>Hanna Shutt, Kate Axford and Lucy Ransom</p>	<p>We will open the session by asking people to identify why you would be cautious of using mindfulness in our client group and then outlining our settings and our experiences of running a 4 week adapted course. We are planning to run an 8week course at the end of the year and we can discuss the adaptations we would make to this.</p>	<p><b>Workshop 3</b> Mindfulness for people with a EUPD diagnosis</p>
<p>This workshop will be led by Abbie Mead and Tamsin Bishton</p> <p><b>Abbie Mead</b></p> <p>Abbie has been practicing meditation within a Buddhist tradition since 2004. She trained to teach mindfulness at the Sussex Mindfulness Centre in 2013, and since then has run groups within a range of community mental health settings. In April 2019 Abbie took her</p>	<p>Managing the overwhelm that can arise when facing the Climate and Ecological Emergency, is a real challenge for many of us - we can often feel hopeless and disempowered. In this workshop we will explore how mindfulness can support us to turn towards the reality of potential climate catastrophe, how it can help us cultivate a deep care for the Earth, and then find skilful ways that we can take positive action, individually and with one another.</p> <p><a href="#">Handout: Mindfulness and Climate Activism next steps</a></p>	<p><b>Workshop 4:</b> Mindfulness and Climate Activism</p>



lifelong concerns around climate change onto the streets by joining an Extinction Rebellion protest in London, inspired by a meditative peaceful approach to non-violent direct action. Since then Abbie has joined a range of climate justice protests, and has co-founded Extinction Rebellion Brighton Meditators.

**Tamsin Bishton**

Tamsin Bishton trained with Sussex Mindfulness Centre in 2015 and has taught 8-week mindfulness courses in the workplace and community since then. She has hosted a well-attended weekly mindfulness drop in since the start of the pandemic. In October 2019 she was arrested and held in police custody while protesting with Extinction Rebellion close to Downing Street. She found mindfulness very helpful during this experience.

We're very much looking forward to hosting this session at the conference. I think it's really wonderful that SMC is offering such a diverse and exciting conference agenda.



Sussex Mindfulness  
Centre Advocates  
(Mike Hales, Charlie  
Crocker, Julia  
Racster-Szostak)

Advocates have developed a sense that the following kinds of actions might usefully to be taken. In this session we will discuss these possibilities, and hopefully, set out some initial steps.

- Altering “expectations” of what a mindfulness group is and does, in the general public view, and in specific demographics, notably younger people.
- Targeted “provision” of and recruitment to mindfulness groups, by Sussex Mindfulness Centre. (via community as well as NHS channels)

### **Workshop 5**

WHAT: Can the mindfulness demographic be extended - through better informed expectations, through adapted provision?  
WHO: SMC mindfulness advocates  
HOW: In this session we'll discuss these possibilities, and hopefully set out some initial steps. [See our background note](#)

Bev Cohen and Solomon Slade

This time of year is significant for Jewish people - it's Yom Kippur, an opportunity for renewal, for beginning again which is so central to our meditation practice. Yom Kippur will be the theme of this session, the Day of Atonement, the day of forgiveness and clean slates, the ultimate letting go. We will practice some uplifting chanting (no pressure to join in) and a forgiveness themed meditation, for which intention is sufficient. The focus will be forgiveness of self and others.  
People of any or no faith are welcome.

### **Workshop 6**

Jewish mindfulness

<p style="text-align: center;">Helga Dittmar</p> <p>Helga Dittmar has been a Mindfulness Advocate with the Sussex Mindfulness Centre for almost ten years. She contributed to the APPG work on Mindfulness, and has trained with SMC as a mindfulness teacher (MBI). She has ongoing research with SMC members on mindfulness as a resource for dealing with consumer culture pressures. Starting her career as a research psychologist in Germany, she came to the University of Sussex in 1982, where she is now a Professor of Applied and Social Psychology (Emerita), heading an international Research Lab on Identity, Consumer Culture, &amp; WellBeing (ICC-Well).</p>	<p>Everybody has suffered through COVID-19: It's been a life-changing experience. We all had to find new ways of coping. Research on the mental health impacts of the pandemic is growing daily.</p> <p>This workshop will introduce you to neuro-scientific findings that</p> <ul style="list-style-type: none"> <li>(a) help us understand why and how lock-down has produced a steep rise in mental health problems and</li> <li>(b) may be useful for exploring different types of coping strategies. It focuses on 'good' vs. 'bad' coping strategies: Finding new activities and practices that have sustainable, long-term benefits for ourselves and others, rather than short-term ways of "escaping the difficult" that are less productive. Exploring 'good' strategies is the main aim.</li> </ul> <p>The workshop will begin with a 15-minute presentation on findings from neuroscience, which are helpful aids in understanding the physical and psychological consequences of lack of human touch ("skin scarcity"), the reality of psychological pain through isolation, and the bio-chemical benefits of hormones produced through social interaction. We will explore live and digital communication and, especially, group-based activities ("social cure"), such as meditation, playing live music, knitting and other creative crafts, as well as being outside in green spaces, re-appreciating nature, and connecting with all living beings. I will draw on my personal journey</p>	<p><b>Workshop 7</b></p> <p>Are there positive 'side effects' of COVID-19? Insights from neuroscience and a personal journey</p>
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through 2020 as I go along, "bringing to life" the research findings.

The main part of the workshop will be conversation and discussion, so here are possible questions and issues that may be of interest to you:

\*Power of human touch.

\*Imagination and creativity as resilience resources.

\*Stigma: It's ok to talk about physical illness, but not about mental health problems; yet, 1 in 3 youth have psychiatric problems linked to the pandemic.

\*Time poverty vs (healthy) slowing down.

\*WhatsApp and other digital communication platforms: "Zoom-ism" limitations vs opening up global communication and participation. \*"Social cure": Can our essential needs for company and social connection be fulfilled by digital means?

\*New forms of neighbourhood and friendship support.

\*Mindfulness as long-term adaptation to "living with" ongoing COVID.

\*Re-connecting with nature and living beings.

\*Rising political activism and volunteer work. And

\*BYO: Topics you would like to bring up