













Can we heal our healthcare system? Caring for our doctors with evidence-based practice


Friday 6th November 2026: Friends Meeting House, Ship Street, Brighton, BN1 1AF

	Session Title	Session information	Presenter	Biography	
09:30	<p>Welcome to the Sussex Mindfulness Centre. Why this day?</p>	<p>Welcome to Sussex Mindfulness Centre. Brief introduction to the vision and work of the centre and the context out of which this conference emerged.</p>	<p>Prof. Clara Strauss & Dr Robert Marx Co-leads, Sussex Mindfulness Centre</p>	<p>Robert is Co-Lead (Training) for the Sussex Mindfulness Centre. He is a consultant clinical psychologist and has been involved in running mindfulness groups for staff and patients since 2006. He also trains and supervises others doing mindfulness work. He is interested in relational mindfulness and in adaptations of Mindfulness-based Interventions using compassion practices.</p> <p>Clara is Co-Lead (Research) at the Sussex Mindfulness Centre, a consultant clinical psychologist, mindfulness teacher, and researcher. She develops and evaluates accessible mindfulness-based interventions, particularly for those unable to access MBCT, with studies spanning depression, voice-hearing, OCD, NHS staff, students, and wider communities.</p>	 
09:40	<p>Introducing the medical context</p>	<p>This session opens the day by recognising the vital role of leadership and cross-system collaboration in supporting doctors' wellbeing and sustaining compassionate, high-quality care.</p>	<p>Dr Oliver Dale Chief Medical Officer and Consultant Psychiatrist, Sussex Partnership NHS Foundation Trust (SPFT)</p>	<p>Oliver is Chief Medical Officer at Sussex Partnership, appointed in 2024. An adult psychiatrist, he specialises in community care, integrated systems, and personality disorder. He is also a Jungian Analyst, bringing reflective, depth-oriented insight to supporting clinicians, improving care, and shaping healthcare innovation.</p>	

09:50	<p>Why we need to focus on wellbeing: Tools to support wellbeing</p>	<p>This interactive session explores the current state of doctors' mental health in the UK, examining key causes and practical solutions. It highlights mindfulness as an evidence-based approach, alongside personal reflections, and concludes with a short, guided practice and opportunity for questions and discussion.</p>	<p>Dr Umakant Dave MBE Consultant Gastroenterologist, Swansea; President, WAGE (Welsh Ass. for Gastro & Endoscopy).</p>	<p>Umakant is a consultant gastroenterologist in Swansea and Honorary Senior Lecturer at Swansea University, and a national endoscopy trainer. With a strong focus on mindfulness and clinician wellbeing, he has taught mindfulness at Swansea Medical School since 2016 and delivers wellbeing programmes internationally. His work has been nationally recognised, including an MBE in 2022.</p>	
10:30	<p>Enlightenment Now! What are the benefits of mindfulness programmes for doctors? What enables doctors to attend?</p>	<p>Florian presents the Mindfulness Programme for Foundation doctors at the Maudsley, running for nine years, and its two-day retreat adaptation for senior medics. He explores its philosophical foundations and asks how mindfulness might help sceptical colleagues slow down, sustain wellbeing, and navigate the accelerating pressures of NHS practice.</p>	<p>Dr Florian Ruths Consultant Psychiatrist, Clinical Lead, Maudsley Medical Psychotherapy Service</p>	<p>Florian is a Consultant Psychiatrist at the Maudsley Hospital and lead for the Maudsley Mindfulness Service. He has delivered MBCT for 19 years and developed programmes supporting doctors' wellbeing, including MBCT-HIT and M4MD retreats. He teaches nationally and led the RESPOND mindfulness trial published in <i>The Lancet Psychiatry</i>.</p>	
11.10	Break & Refreshments				
11:40	<p>Changing minds for good: a personal view</p>	<p>In this talk, Gwen will discuss her experience of training as a therapist and what she has learned about changing minds after thirty years of working as a therapist. She will focus especially on her experience of training in mindfulness based cognitive therapy, and what she has learned from patients and colleagues and is still learning. Recommended Reading: Personally Speaking 2025 Ed. Glenn Roberts</p>	<p>Dr Gwen Adshead Forensic Psychiatrist, group analyst, Mindfulness-Based Cognitive Therapy Teacher, West London NHS Trust, Broadmoor Hospital; Associate Professor in Psychotherapy at the University of Exeter; Author, 2024 Reith lecturer.</p>	<p>Gwen is a consultant forensic psychiatrist and psychotherapist with over 30 years' experience in offender rehabilitation and therapy with people who have committed serious violence. She has published widely on ethics, trauma, and personal change, co-authoring <i>The Devil You Know</i> and <i>Unspeakable</i>. Her work emphasises compassion, reflection, and lasting change.</p>	
12:40	Break & Lunch				

13.40	<p>WORKSHOP 1 Compassion circle practice: connecting with personal values.</p>	<p>Through facilitated reflection and mindful listening, this workshop helps participants reconnect with personal values and strengthen compassionate care for themselves and others within pressured workplaces. Compassion circles, developed by Andy Bradley (Frameworks4change), have been widely adapted across Welsh health and social care settings to support staff wellbeing and compassionate care. https://compassionpractices.net</p>	<p>Dr Julia Wallond GP, Powys Living Well Service.</p> <p>Julia is a GP in Wales with Powys Teaching Health Board’s Living Well Service, supporting people with long-term conditions through lifestyle medicine. A mindfulness practitioner for 20 years, she trained as an MBCT teacher and supervisor, leads Insight Meditation retreats, and uses Compassion Circles to strengthen team wellbeing and support staff.</p>	
	<p>WORKSHOP 2 Mindfulness, reflective practices and peer support.</p>	<p>This workshop will use meditative approaches to explore a snippet of our clinical practice. It will include a brief sit and some small group exercises based around a recent difficult interaction. Can mindfulness and compassion support deeper, clearer exploration of our clinical experience?</p>	<p>Dr James Fish GP, East Sussex.</p> <p>James is a General Practitioner and mindfulness teacher from East Sussex. He facilitates mindfulness courses and wellbeing sessions with various clinicians both online and in person. James is interested in how meditative approaches can deepen psychological understanding of clinical work and wellbeing. You can find out more about his projects at stillpractising.org</p>	
	<p>WORKSHOP 3 Mindfulness and compassion for wellbeing: Managing stress and finding presence in the medical consultation.</p>	<p>This workshop explores practical mindfulness practices for everyday work, especially consultations. Through experiential learning, it covers the methodology, structure, and early impact of the Gloucestershire programme, demonstrating how evidence-based mindfulness can support clinicians, enhance professional experience, and positively influence patient care.</p>	<p>Dr Alison Sedgwick-Taylor Consultant Clinical Psychologist, CBT Therapist, Mindfulness and Yoga teacher.</p> <p>Alison has been iteratively and collaboratively developing an evidence-based mindfulness training programme with and for GPs in Gloucestershire since 2020. The programme has demonstrated a significant impact on GP wellbeing, improving self-compassion and transforming clinicians’ relationship with their work—particularly the quality, presence, and relational depth of the clinical consultation.</p>	

13:40	<p>WORKSHOP 4 Wellbeing programme for doctors in India</p>	<p>Doctors often struggle to seek help, constrained by stigma, career concerns, and expectations of resilience. This fosters a culture of silent endurance, where vulnerability feels risky. Many turn to self-help, with mindfulness valued for fostering non-judgmental awareness, easing self-criticism, and creating brief psychological space, though it cannot replace systemic support.</p>	<p>Dr Arun Kishore Consultant Psychiatrist, Sussex Partnership NHS Foundation Trust</p>	<p>Arun is a Consultant Psychiatrist and Medical Educator with experience in India and the UK since 1988. A trained group facilitator and long-time mindfulness practitioner, he supports doctors under professional stress through education, Balint work, and ashafordoctors.org. He has collaborated with Kerala University of Health Sciences and the Indian Medical Association to promote help-seeking among clinicians.</p>	
	<p>WORKSHOP 5 (Online) Mindfulness in Healthcare is Your Superpower</p>	<p>In this workshop, Maura shares reflections on teaching mindfulness across clinical and organisational settings, drawing on her experience in staff wellbeing. She explores the benefits, pitfalls, and politics of this work, then introduces key themes from her Mindful Self Care course, including a short practice and practical workplace exercise.</p>	<p>Dr Maura Kenny Consultant Psychiatrist, Adelaide, Southern Australia</p>	<p>Maura recently retired after a 40-year career as a Consultant Psychiatrist. She has delivered and researched CBT, mindfulness, and self-compassion across clinical and organisational settings. Her six-week mindful self-care course for healthcare professionals has been adopted internationally. She has held senior teaching and wellbeing leadership roles, most recently serving as Director of Staff Wellbeing in South Australia.</p>	
14:40	<p>Developing mindfulness in Mexico</p>	<p>This session explores the journey of establishing a mindfulness centre in Mexico, from initial inspiration and foundation-building to developing faculty, partnerships, and research collaborations. Manuel reflects on the challenges, growth of new teacher cohorts across Latin America, and the vision for future international collaboration and impact.</p>	<p>Dr Manuel Villareal GP, Chipping Campden, Gloucestershire.</p>	<p>Manuel is a GP, trainer, and medical educator, and a certified MBCT/MBSR teacher with the Sussex Mindfulness Centre. He directs the Centre of Mindfulness at Universidad Albert Einstein in Mexico, leading training and research collaborations across Latin America, including partnership with the Oxford Mindfulness Foundation.</p>	
15:20	Break & Refreshments				

15:50	<p>Human Driven Solutions: How Design Thinking & Implementation Science Can Inform System-Level Changes (Online)</p> <p>Systems-level change is essential for sustainable healthcare. Clinicians know where workflows cause burnout and dissatisfaction but are rarely included in designing interventions. This often emphasizes problems rather than solutions. We discuss defined processes that empower clinicians to both identify and enact the changes needed to improve their work and wellbeing.</p>	<p>Dr Carter Lebares Associate Professor of Surgery University of California, San Francisco; Director, UCSF Center for Mindfulness in Surgery, Co-Founder/-Director UCSF UCLA Wellbeing In Surgery (WiSe) Collaborative.</p> <p>Carter is a surgeon and faculty member in the UCSF Department of Surgery, specialising in minimally invasive, robotic, and emergency surgery. Her research centres on mindfulness-based interventions to enhance surgeon resilience, performance, and wellbeing. She developed Enhanced Stress Resilience Training (ESRT), now a mandatory curriculum at UCSF and widely disseminated internationally.</p> 
16:30	Panel Q&A	
17:00	Close	

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