



THIS EDUCATION EVENING IS CPD ACCREDITED. YOU MAY CLAIM 1 ½ CPD HOURS FOR ATTENDING THIS EVENT

MINDFULNESS BASED APPROACHES AND GENERAL HEALTH:

A BRIEF EXPERIENTIAL INTRODUCTION

EDUCATION EVENING ON WEDNESDAY 18 JUNE 2014

AT PRESTONS HEALTH (PHYSIOTHERAPY)

PETERBOROUGH

SPEAKER: Barbara Reid PhD

Teacher, trainer & supervisor of Mindfulness Based Approaches

Associate teacher, Centre for Mindfulness Research & Practice, Bangor University

ABOUT THE SESSION:

Mindfulness is a way of paying attention to the present moment and developing attentional control. Using skills drawn from meditation, breathing and movement, practitioners become more aware of their thoughts and feelings, but such that instead of being overwhelmed by them, resilience and an improved ability to manage them develops.

Enormous interest in Mindfulness Based Approaches has followed NICE's endorsement of Mindfulness Based Cognitive Therapy for people experiencing relapsing depression. However it may be appropriate in many other settings: Mindfulness can give people more insight into their emotions, boost their attention and concentration and improve relationships. It is also proven to help with stress, anxiety, depression and addictive behaviours, and research points to positive effects on physical problems like hypertension, heart disease and chronic pain.

In this session, Barbara will give an experiential introduction to Mindfulness. It will be an opportunity to experience some short practices, and hear more about the origins and the evidence for mindfulness-based programmes including MBCT and MBSR.

TIME: 6.30 MEET FOR LIGHT BUFFET AND REFRESHMENTS

LECTURE 7-8.30PM

VENUE: Prestons Health, 29 Alexandra Road, Peterborough, PE1 3DE

PARKING

There are 17 on site car parking spaces, alternatively there is parking available along Alexandra Road

BOOKING:

Please note places are limited and will be allocated on a first come, first served basis.

Please book your place directly through our website, www.prestonshealth.co.uk/events



BOOKING FORM
MINDFULNESS BASED APPROACHES: GP SEMINAR
An education evening
Wednesday 18 June 2014

To book a place, please complete the booking form and return to
admin@prestonshealth.co.uk or:

Helen Preston
Prestons Physiotherapy & Health Clinic
29 Alexandra Road
Peterborough
PE1 3DE
Tel: 01733 565911

I would like to attend the education evening on Wednesday 18 June 2014

Name	
Position	
GP Practice	
Address	
Postcode	
Telephone number	
Email address	

I am on the trainee GP scheme Yes/No