

Safety & Effectiveness Day: drawing on clinical research and lived experience to work with trauma in mindfulness-based work

This training should enable you to identify signs of trauma in your participants, have practical ways of helping them manage it and understand what challenges and adaptations you may need to make to your standard group to help support people with trauma histories. We approach this from different perspectives: clinicians working in the field of trauma, researchers discussing the evidence base for what we know is effective, and service users sharing their experience of what worked and didn't.

***Please note:** Refreshments are provided. Lunch will not be provided

Who is this for?

This day is for those people working in the field of mindfulness. It is part of the core SMC training programmes but is open to others who are trained or training mindfulness teachers.

Led by: Ines Santos, Clara Straus, Mike Hales, Julia Racster-Szostak and Helen Leigh-Phippard and Robert Marx

Date: Friday 15th May 2020

Time: 9.30-5pm

Venue: Sussex Education Centre, Nevill Avenue, Hove BN3 7HY

Cost: £50.00

Funded for Trust Employed & Approved Mindfulness Teachers
(1 free Masterclass per year - £30 for any additional Masterclasses)

Certificate of attendance will be emailed after the event.

Contact SMC@sussexpartnership.nhs.uk for a booking form or book via Eventbrite

<https://safetyandeffectivenessmindfulnessmasterclass.eventbrite.co.uk>

Bios:

Ines Santos is a clinical psychologist and EMDR consultant with a specialist and supervisory trauma role across multiple services in Sussex Partnership.

Clara Strauss is a consultant clinical psychologist, deputy Research Director for Sussex Partnership and the research lead for the Sussex Mindfulness Centre.

Mike Hales, Julia Racster-Szostak and Helen Leigh-Phippard are mindfulness advocates with expertise in training mindfulness teachers from the perspective of lived experience.

Robert Marx is a consultant clinical psychologist running MBCT groups in a secondary care service for people with complex trauma histories and training lead for the Sussex Mindfulness Centre.