

*Announcing the Sussex Mindfulness Centre (SMC) training in*

## **Adapted Mindfulness-based Interventions (for non 8 week programmes)**

### **What is the aim of the course?**

This training is for those who wish to develop their competence and confidence in the delivery of non 8 week mindfulness-based interventions. It is for people who do not need to complete the extensive training required to deliver MBCT/MBSR but who nevertheless wish to be equipped to use adapted mindfulness-based approaches safely and effectively.

### **What will the training involve?**

- 6 and a half days of training and one day retreat in Hove between Feb and Nov 2017
- Personal mindfulness practice of 20-30 minutes 2 to 3 times per week and a day retreat.
- Reading and 4 pieces of short (600 word) reflective writing
- A final tutorial discussion of areas of competence and recommendations for further development.

### **How do I apply?**

For more information about the course, about fees/funding and for an application form, please go to: <http://www.sussexpartnership.nhs.uk/mindfulness-training>.

Applications should ideally be sent to the Sussex Mindfulness Centre electronically to [smc@sussexpartnership.nhs.uk](mailto:smc@sussexpartnership.nhs.uk), or by post at Sussex Partnership NHS Foundation Trust, Aldrington House, 35 New Church Road, Hove, BN3 4AF. They should arrive by 21<sup>st</sup> October 2016. For further information about the training, please contact [smc@sussexpartnership.nhs.uk](mailto:smc@sussexpartnership.nhs.uk) or call Caroline Windley on 01273 778383 ext 308898. Selection decisions will be made by 19th December 2016.

