**SMC Conference 2017**

**A Critical Look at Mindfulness: Safety, Ethics and Integrity**

**Friday 30 June 2017**

**Friends Meeting House, Brighton**

9.30 Welcome – Robert Marx and Clara Strauss

9.40 SMC, mindfulness and Sussex Partnership – Sam Allen (tbc)

9.50 Practice (SMC teacher)

10.00 **Keynote 1: Willoughby Britton – Safety and harm in mindfulness**

*10.45 Break*

11.15 UK Network of Mindfulness Teacher Training Organisations update - Taravajra

11.25 SMC research in progress update (CS)

12.05 Practice (SMC teacher)

*12.10 Lunch (in local cafes)*

1.10 Practice (SMC teacher)

1.20 Workshops

* Measurement in mindfulness – Ruth Baer
* Safety and harm in mindfulness – Willoughby Britton
* Is the purpose of mindfulness to reduce stress ? A debate on the uses and misuses of mindfulness to ‘manage stress’ in the NHS - Robert Marx and Clara Strauss
* Guided mindfulness practice – (tbc)
* Adapting mindfulness in different settings – (tbc)

*2.20 Break*

2.50 **Keynote 2: Ruth Baer - Ethics in teaching mindfulness**

3.35 Keynote plenary: Safety and ethics in teaching mindfulness – discussion/debate with keynote speakers and audience

4.05 Reflections on the day – Robert Marx and Clara Strauss

4.20 Practice (SMC teacher)

4.30 Close