



Mindful Self Care Programs

Dr Maura Kenny FRANZCP

Introduction to Mindfulness: a 6 week course for Specialists and GPs

Tight deadlines, busy days, complex patient needs, and little down time all increase the probability of experiencing our work as stressful and overwhelming. Mindful self-care strategies can increase our capacity to manage stress better, respond more adaptively to work pressures and improve wellbeing.

This is an evidence-based approach which has demonstrated beneficial effects for health professionals and for the patients under their care (Grepmaier et al, 2007; Annelrving et al, 2009).

With the support of Doctors Health SA, a specially tailored six-week Mindful Self Care course is now being made available to all Medical Specialists and GPs who wish to learn mindfulness skills to improve their stress management and wellbeing.

Participants are asked to practise meditation for 15 minutes on a daily basis in order to test out the potential benefits for themselves. Practising the meditations at home for at least 15 minutes daily enhances the benefits over the duration of the course and beyond.

Details

Dates: Thursdays, 5th March – 9th April 2020 (*except 19/3, change to Wednesday 18th March)

Time: 6.00 – 7.15 pm

Venue: SA Branch RANZCP, 2/233-235 Greenhill Road, Dulwich

Cost: \$360

Cost includes course booklet and guided meditations. CPD certificates are available at the end of the course on request.

Course facilitator: Dr Maura Kenny

To register: Email admin@mindfulscp.com

Further information: see www.mindfulscp.com

Course design by Dr Maura Kenny, MBChB, MRCPsych, FRANZCP

Dr Maura Kenny is a Psychiatrist and Coordinator of the Mindfulness-based Cognitive Therapy (MBCT) Programs at the Centre for the Treatment of Anxiety & Depression, CALHN. She is also an Associate of the Oxford Mindfulness Centre, UK. She specialises in Cognitive Behaviour Therapy and Mindfulness-based Cognitive Therapy in the areas of Stress, Mood and Anxiety disorders, and has used these approaches in clinical, organisational and workplace settings. She has extensive experience of providing mindfulness courses to doctors and other health professionals. This 6 week course has now been taken up in health settings interstate and overseas with outcome data showing reductions in stress and increases in self-compassion.