

M4MD PROGRAM

Mindfulness for Medical Doctors

A Two-Day Intensive Retreat of mindfulness-based cognitive skill training for medical doctors returning to NHS duties from longer leave.



Mindfulness helps people manage their thoughts, feelings, behaviours and relationships with awareness and compassion, evidenced by science. This highly intensive retreat gives you a chance to experience Mindfulness: it can help you to greater well-being and appreciation, as well as more choice in how to meet daily challenges in your clinical and private life. It is a way of paying attention, staying present and responding skilfully to what's happening moment-to-moment.

Programme outline and dates

A two-full days' online retreat on Friday 14th of May (Day 1) and Monday 17th of May 2021 (Day 2) from 8.30am-5.30am is offered for all London-based doctors and lead by

Dr Florian Alexander Ruths MRCPsych,
Dr Francesca Turner
Dr Dan Bailey

Each immersive retreat-day includes longer formal meditation practices, feedback from the practices, the introduction of the concepts and evidence for a new sessional theme, group discussions, shorter mindfulness exercises and home practice options.

2020 Course Date	Sessions	Topics
Day 1 Friday 14th May 2021 8.30am – 5.30pm	1	Mindfulness-based interventions (MBIs) & scientific evidence for MBIs
	2	Emotions & the body; the media and their use
	3	The Medical mind-set and its pitfalls
	4	Burn-Out & Experiential Avoidance
Day 2 Monday 17th May 2021 8.30am – 5.30pm Jan Welch room, WEC, KCH	5	Empathy, Compassion & Friendliness
	6	Core Emotional Needs, Medical Errors & Prevention
	7	Appreciative Joy, Life, Human Vulnerability & Death
	8	Summary, Valuing oneself & dealing with stress

To enquire or book – please email the SRTT Team on kch-tr.srtt@nhs.net