

M4MD PROGRAM

Mindfulness for Medical Doctors

A Two-Day Intensive Retreat of mindfulness-based cognitive skill training especially 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 from 8.30am-5.30am on the dates below 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.

2021 Course Dates	Sessions	Topics
Day 1 Friday 6th Aug. 2021 12th Nov. 2021 4th Feb. 2022 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 9th Aug. 2021 15th Nov. 2021 7th Feb. 2021 8.30am – 5.30pm	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