

## 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' retreat on Friday the 13<sup>th</sup> of November (Day 1) and Monday 16<sup>th</sup> of November 2020 (Day 2) from 8.30am-5.30am is offered for all London-based doctors and lead by

**Dr Florian Alexander Ruths MRCPsych, at Jan Welch room, 1<sup>st</sup> floor, Weston Education Centre, King's College Hospital, Denmark Hill site, Camberwell.**

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
<b>Day 1</b> <b>Friday 13<sup>th</sup> November 2020</b> <b>8.30am – 5.30pm</b> <b>Jan Welch room, WEC, KCH</b>	<b>1</b>	Mindfulness-based interventions (MBIs) & scientific evidence for MBIs
	<b>2</b>	Emotions & the body; the media and their use
	<b>3</b>	The Medical mind-set and its pitfalls
	<b>4</b>	Burn-Out & Experiential Avoidance
<b>Day 2</b> <b>Monday 16<sup>th</sup> November 2020</b> <b>8.30am – 5.30pm</b> <b>Jan Welch room, WEC, KCH</b>	<b>5</b>	Empathy, Compassion & Friendliness
	<b>6</b>	Core Emotional Needs, Medical Errors & Prevention
	<b>7</b>	Appreciative Joy, Life, Human Vulnerability & Death
	<b>8</b>	Summary, Valuing oneself & dealing with stress

**To enquire or book – please email the SRTT Team on [kch-tr.srtt@nhs.net](mailto:kch-tr.srtt@nhs.net)**