**‘Mindfulness for Medicine’ M4M**

**A New Year’s Retreat Hosted at the Royal College of Psychiatrists 10th & 13th of January 2023**

BACKGROUND

There is compelling empirical evidence that Mindfulness helps health professionals and their patients: recent NICE guidance recommends mindfulness for the workplace, and for the treatment and prevention of depression alike.

Mindfulness helps us to reflect on thoughts, feelings and behaviours, and to learn how to prevent states of emotional distress and exhaustion.

Mindfulness nourishes our capacity to engage in the doctor-patient relationship with awareness and compassion.

The two days give us a chance to learn about Mindfulness and its role in the NHS, supported by the latest scientific evidence.

This retreat makes mindfulness accessible both intellectually and experientially beyond the science.

It can show a path to greater well-being and resilience, as well as making choices in how to meet daily intense challenges in clinical service provision and our private life.

It teaches ways of enhancing our attention, staying present and responding skilfully to what is challenging us, moment-to-moment.

**Purpose and goals:**

Introduction to the techniques and the rationale for mindfulness-based approaches to senior medical doctors and psychiatrists in an immersive 2-day format.

**Duration and timing :**

Tuesday 10th of January 2023 (Day 1) and Friday 13th of January 2023 (Day 2) from 8.30am-5.30am

**Facilitators:**

Dr Florian Alexander Ruths Consultant Psychiatrist, Mindfulness Teacher South London and Maudsley NHS Trust

Dr Stirling Moorey, Consultant Psychiatrist, Mindfulness Teacher South London and Maudsley NHS Trust

**Audience:** medical psychotherapy faculties’ members and senior medical leads of RCPsych; to be advertised to all faculties within the Royal College;

Making links with Royal College of Physicians , Royal College of GPs?

**Total number of participants:** 30

**Content:**

introduction of the concepts and evidence for a new sessional materials,

shorter and longer experiential guided meditations

feedback from the practices,

group discussions

home practice options between the two retreat days.

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| **2023 Course Date** | **Sessions** | **Topics** |
| **Day 1**  **Tuesday 10th of January 2023**  **8.30am – 5.30pm**  **Royal College of Psychiatrists** | **1** | Mindfulness-based interventions (MBIs) & scientific evidence for MBIs |
| **2** | Emotions & the body; screens and their impact on emotional climate change |
| **3** | The Medical mind-set and its impact on well-being |
| **4** | Burn-Out & Emotional regulation |
| **Day 2**  **Friday 13th of January 2023**  **8.30am – 5.30pm**  **Royal College of Psychiatrists** | **5** | Empathy, Compassion & Self Compassion |
| **6** | Understanding and Meeting Core Emotional Needs |
| **7** | Appreciative Joy, Life, Human Vulnerability & Death |
| **8** | Summary, Valuing oneself & Reflections on Service provision |