



# SUSSEX MINDFULNESS CENTRE

## News and updates

### SUSSEX MINDFULNESS CENTRE WINS BID TO LEAD NATIONAL IAPT MINDFULNESS TRAINING

A collaboration of UK mindfulness centres led by the Sussex Mindfulness Centre has won the bid to deliver new training for staff in Increasing Access to Psychological Therapies (IAPT) services across England to become Mindfulness-based Cognitive Therapy (MBCT) teachers. The training will lead to a significant expansion in the number of trained mindfulness teachers working in IAPT services and in the number of IAPT clients able to access MBCT courses.

The decision by Health Education England earlier this year to commission training in MCBT for High Intensity CBT therapists working in IAPT services marks a deepening recognition of mindfulness as an evidence-based group intervention for recurrent depression.

The training and supervision will be provided free of charge to IAPT staff, who, on successful completion of the training, will be able to offer the 8 week MBCT course for people with recurrent depression within IAPT services. Courses for IAPT staff will be delivered at four sites across England. Together with colleagues at the Oxford Mindfulness Centre, SMC has been awarded the contract to deliver the training at the London site for IAPT services across the South East.

Commenting on the announcement, Dr Robert Marx, Training and Governance Lead at Sussex Mindfulness Centre said “ *I am delighted the SMC will be at the forefront of this exciting development for mindfulness in the NHS and that our strong track record in delivering high quality MBCT training was recognised by Health Education England. Along with our university and NHS colleagues in Exeter, Nottingham, Tees, Esk and Wear Valleys, Oxford and Surrey, we now have the opportunity to train a new generation of MBCT teachers and truly widen access to mindfulness for service-users*”

Applications have now closed for the first cohort of trainees. Training will begin in March 2018.



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#### HIGHLIGHTS

- Widening access to mindfulness through IAPT
- What does compassion really mean?
- Meet the trainees
- Keep the date! Sussex Mindfulness Centre’s forthcoming Annual Conference

## REBECCA CRANE MASTERCLASS IN SUSSEX



### MINDFUL POLITICS

The start of the new parliamentary session saw UK parliamentarians and politicians from 15 countries joining together for a summit exploring how mindfulness can improve policy-making and support politicians in their decision-making.

The summit was addressed by Jon Kabat-Zinn. Attendees included senior politicians from Sweden, Sri Lanka, France, the US, the Netherlands, Israel, Ireland and Italy.

In addition to practicing together, attendees were encouraged to consider how mindfulness could help them in their work in becoming more attentive, learning to respond rather than react to developments and increasing compassion in their work.

145 UK parliamentarians have already completed the eight week MBCT course, but this is the first international gathering of politicians to explore how mindfulness can change political conduct.

The Sussex Mindfulness Centre was delighted to welcome Rebecca Crane, director of the Centre for Mindfulness Research and Practice in Bangor, to the Sussex Education Centre in November to teach a one day masterclass charting the story of MBCT research and practice. Forming one of a series of masterclasses offered by the SMC, these events give local teachers, trainers and researchers the opportunity to hear from internationally renowned speakers and to discuss the latest in mindfulness research and practice.



*Rebecca Crane at the Sussex Education Centre in November*

### MEASURING UP TO COMPASSION

Researchers at Sussex University are close to developing a new self-report measure for compassion for self and for others. The measure will open up new avenues for research around a better understanding of compassion, its relation to other states (like kindness and altruism), mental health and wellbeing and how it can be cultivated through interventions.

The research is being carried out by Jenny Gu, a final year PhD student at the University of Sussex, working with Dr Clara Strauss and Dr Kate Cavenagh. It is being jointly funded by the Economic and Social Research Council and Sussex Partnership NHS Foundation Trust.

In its early stages, the team developed a comprehensive definition for ‘compassion’, based around five elements – recognising suffering in self or others; understanding the universality of suffering in humankind; having an emotional response to suffering; tolerating uncomfortable feelings around suffering; and doing something about suffering, or intending to act. A questionnaire of items based around these five elements

was tested in 2017 with NHS staff. Over 2,000 responses were gathered and the research team is now focused on refining items for the final measures.

Commenting on the response to the research survey, Jenny Gu stated “*We were overwhelmed with the response, which I think reflects a deep-seated desire amongst staff to be involved in creating a culture of compassion in the NHS.*”

“*Compassion is talked about on a day-to-day basis as a core part of what it is to be human. It’s also central to the values of institutions like the NHS. But until recently no-one has asked what it really means and turned an empirical eye to it.*”

The new measure will take the form of two self-reported questionnaires examining responses to compassion for self and for others. It will be available for use by the end of 2018. In addition to opening up new possibilities to measure the impact and effectiveness of mindfulness and compassion interventions, the researchers anticipate the measure could be used in other sectors, such as education.



## THE TRAINEES' VIEWPOINT

### **Pippa Menzies talks to three trainees who have recently completed the Foundation Training**

**PM:** *What led you to embark on the training?*

**JC:** I was doing a yoga-based mindfulness class with my daughter aimed at parents with toddlers and in the middle of this class, I was doing a yoga pose when my daughter climbed on my knee. The teacher stopped and said 'This is mindfulness when you're a parent. If you spend your whole life searching for time to yourself in the midst of this, you end up constantly frustrated. It's about, how do you find a moment for calm in the midst of the chaos?'. That moment changed my whole perspective. So, when I came back to work I thought about the foster carers I work with and all the parenting demands on them and thought how it might help them find similar moments of calm or space in their very busy, chaotic lives.

**SB:** I was already offering some short meditations to students and did the Mindfulness in Schools training, but I wanted something more embedded in my teaching.

**GH:** I'd been working voluntarily for seven years leading meditation groups and people were saying 'you can turn this into a career'.

**PM:** *How do you plan on using the training within your work?*

**JC:** I'm hoping to offer the 8 week course to foster carers and social work teams. I'm also working with other people in the Trust who have adapted the course for young people to see whether it could be used with the young people I work with.

**SB:** The training has given me the confidence to adapt the Mindfulness in School curriculum for older young adults. I also plan to offer the 8 week course with teaching and support staff.

**GH:** I'm already using it, offering mindfulness to the people coming into our local community centre.

**PM:** *What was the most challenging aspect of the training?*

**JC:** The time. Just juggling everything.

**SB:** Learning the language. It's so specific and making it personal and alive is where I've had to take a leap. It's not like a skill or a technique, but an embodiment.

**GH:** The hardest bit for me was the assisted teaching. It was utterly nerve-racking! Trying to remember everything and be embodied is difficult, until you've got it well versed. Yet, while it was the hardest bit, it was also the most rewarding.

**PM:** *What do you think is distinctive about the SMC training?*

**JC:** The observing and co-teaching an 8 week group is pretty unique. One of the things I learned over the year was how important the minutia and nuances are. And so, having that more nuanced feedback to my personal teaching was massively helpful in my learning.

**SB:** The wealth of expertise in the meditation practitioners on the faculty, but also, the diversity and connection with the wider community.

**GH:** The different formats taught within it are unique. You've got your student hat on in the morning and your teacher hat on in the afternoon, which keeps it fresh.

**PM:** *Looking back, what is the one piece of advice you'd give yourself just starting out on your training?*

**JC:** Not to worry too much about trying to do it all. Just trust in the process.

**SB:** To ensure I had the time and the personal commitment. If circumstances were too challenging, it would be difficult to have a strong or deep experience.

**GH:** I'd say 'don't be scared! It's alright and you can do it!'.  
**PM:** *What was the most challenging aspect of the training?*

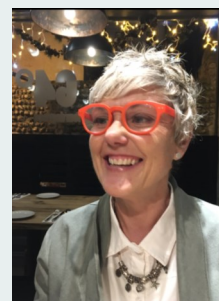
## MEET THE TRAINEES



**Jo Coldwell**, Clinical Psychologist in Looked After Children's Mental Health



**Sybille Barrett**, Early Years Tutor at Varndean Sixth Form College



**Georgie Hall**, self-employed leader of private mindfulness and meditation groups in Hove

**"Just trust in the process!"**

## OUR VISION

At Sussex Mindfulness Centre we aim to improve wellbeing through mindfulness. We bring together mindfulness practice, research and training. We do this for the benefit of people with mental or physical health challenges and the wider community. We want to learn more about who and how mindfulness can help. We have heartfelt values: helping those in need, with compassion, based on evidence.

To find out more about masterclasses, conferences, training, research, drop ins and all days, please contact the Sussex Mindfulness Centre.

Email:

[SMC@sussexpartnership.nhs.uk](mailto:SMC@sussexpartnership.nhs.uk)

Or visit:

[www.sussexmindfulnesscentre.nhs.net](http://www.sussexmindfulnesscentre.nhs.net)



## UPCOMING MASTERCLASSES AND COURSES

### MASTERCLASSES

16 March 2018

#### Mindfulness, Improvisation and Inquiry

Join us for a masterclass with Nick Diggins exploring creative approaches to inquiry.

18 May 2018

#### The Inquiry Process

A day of practice, teaching and discussion with Taravajra considering the inquiry process.

Further details about the masterclasses are available on the SMC website. £110, usual concessions apply to SMC teachers, advocates and associates. To book a place on any of our masterclasses email: [SMC@sussexpartnership.nhs.uk](mailto:SMC@sussexpartnership.nhs.uk)

### SMC ANNUAL CONFERENCE

21 September 2018

#### Community Mindfulness: staying connected, local and accessible

Save the date! A full day of practice sessions and workshops led by local teachers, trainers, researchers and former service-users at the Sussex Education Centre in Hove.

£50, usual concessions apply to SMC teachers, advocates and associates.

To book a place visit the SMC website at [www.sussexmindfulnesscentre.nhs.uk/events/conferences/](http://www.sussexmindfulnesscentre.nhs.uk/events/conferences/) or email [SMC@sussexpartnership.nhs.uk](mailto:SMC@sussexpartnership.nhs.uk)

### DROP INS

Drop-ins and day retreats are held on the first working Monday of the month from 5pm to 6pm at the Sussex Education Centre on the Millview Hospital site in Hove. They are free of charge and are open to anyone who has both completed an eight-week MBCT or MBSR group and who is either a current or ex service user, or current employee of Sussex Partnership. Please bring your own mat, cushion/stool and blanket if possible.

For more information visit: <http://sussexmindfulnesscentre.nhs.uk/events/>

