

Announcing the Sussex Mindfulness Centre (SMC) training in

Adapted Mindfulness-based Interventions (for non 8 week programmes)

What is the aim of the course?

This training is for those who wish to develop their competence and confidence in the delivery of non 8 week mindfulness-based interventions. It is for people who do not need to complete the extensive training required to deliver MBCT/MBSR but who nevertheless wish to be equipped to use adapted mindfulness-based approaches safely and effectively. For Sussex Partnership staff, this is required for you to meet Trust governance for teaching non 8 week mindfulness-based interventions.

What will the training involve?

- 7 days of training and a conference in Brighton & Hove between Feb and Nov 2018
- Personal mindfulness practice of 20-30 minutes 2 to 3 times per week and a day retreat.
- Reading and 6 pieces of short (600 word) reflective writing

How do I apply?

For more information about the course, about fees/funding and for an application form, please go to: <http://sussexmindfulnesscentre.nhs.uk/train-to-teach-mindfulness/>

Applications should ideally be sent to the Sussex Mindfulness Centre electronically to smc@sussexpartnership.nhs.uk, or by post at Sussex Partnership NHS Foundation Trust, Aldrington House, 35 New Church Road, Hove, BN3 4AF. They should arrive by **17th November 2017**. For further information about the training, please contact smc@sussexpartnership.nhs.uk or call Caroline Windley on 0300 3042057. Selection decisions will be made in December 2017.

