



Spring 2017



SUSSEX MINDFULNESS CENTRE

MINDFULNESS AND COMPASSION WITH INTEGRITY

News and updates

SUSSEX LEADS UK IN NHS MINDFULNESS INTERVENTIONS

The Sussex Mindfulness Centre annual conference held in September showcased a mix of mindfulness policy, research and clinical implementation across the Sussex Partnership NHS Foundation Trust. The first keynote speaker, Professor Willem Kuyken of Oxford Mindfulness centre, told attendees that Sussex was leading the way for its clinical implementation of Mindfulness-Based Cognitive Therapy (MBCT). Professor Kuyken attributed this success to the variety of mindfulness interventions being offered and the wide range of service users who have been given access to MBCT courses across the Trust, including its staff. Sussex also benefits from having more MBCT trained teachers than any other Trust in the UK.

The second keynote speech shone a spotlight on using compassion in the treatment of people with Post Traumatic Stress Disorder. Dr Debora Lee, Consultant Clinical Psychologist at Berkshire Traumatic Stress Service told the audience how she has used mindful compassion to help clients rescript the memories of shame relating to their trauma to include greater levels of kindness and care towards themselves. One attendee described Lee’s presentation as “inspirational” and “thought provoking”.

Evaluation of the conference showed the balance of research and clinical implementation, combined with mindfulness practice throughout the day had been a huge success, with 98.5% saying the quality of all the presentations was either good or excellent.

RESEARCH UPDATE

The research partnership between the Trust and Sussex University is spearheading four pioneering research projects into mindfulness. More than 2000 staff across Kent, Surrey and Sussex will be recruited to participate in a trial evaluating the effectiveness of the smartphone mindfulness app, Headspace. In a separate study 90 Trust staff will evaluate mindfulness self-help books.

Two other projects will focus research on service users. In June 2017 there will be an evaluation of MBCT self-help for depression that is guided by IAPT step 2 staff. The eight week course will be run by 12 Psychological Wellbeing Practitioners who will be given supervision and training by the research team. Finally the effectiveness of a four-session group run in secondary care will be evaluated and results will be published later this year.



INSIDE THIS ISSUE

SMC annual conference	1
New look website	2
Recovery college	2
Mindful Nation	2
Client perspective	3
Reflection	3
Masterclasses	4

HIGHLIGHTS

- Sussex leads NHS in clinical implementation of MBCT
- How wild swimming helped one client reduce anxiety
- Recovery college holds open days in January
- Sign up for new masterclasses in April



MINDFUL NATION

Since the publication of the all-party parliamentary group report, Mindful Nation, in October 2015 the Mindfulness Initiative has been busy advocating the recommendations to government ministers and service commissioners. Jamie Bristow, Director of the Mindfulness Initiative, said they have seen some successes so far. The most notable has been the widespread support across government for introducing mindfulness in schools.

In line with the recommendations of the report Mindfulness-Based Cognitive Therapy (MBCT) was added in Spring 2016 to the list of NICE-recommended treatment choices through the Improving Access to Psychological Therapies (IAPT) programme for those at risk of recurrent depression. It is hoped that including MBCT as a mandated therapy within IAPT will increase the level of funding provided for teacher training across the country and improve access to MBCT in areas outside Sussex. The recommended target in the Mindful Nation report was for MBCT to be available to 580,000 adults each year.

SMC LAUNCHES NEW LOOK WEBSITE

The Sussex Mindfulness Centre is set to launch its new look website which will allow easier access to the research, teaching and mindfulness practice being offered by Sussex Partnership NHS Foundation Trust.

The website has a look and feel that distinctly reflects the vision of the Mindfulness Centre and will better represent the services that it offers to organisations and individuals outside the Trust. This includes staff mindfulness sessions to other organisations, and teacher training for anyone

looking to run MBCT/MBSR courses.

The website will also facilitate the collaboration with other organisations for research as will make all the research publications easily accessible.

For service users the site will feature online payment for mindfulness Masterclasses and the option to download practices for groups they have participated in.

Look out for the new website at www.sussexmindfulnesscentre.nhs.net

MINDFULNESS AT THE RECOVERY COLLEGE

The Brighton and Hove Recovery College is running a second 'Introduction to Mindfulness' course at the start of this year after successfully demonstrating the adapted module approach provided a safe way of introducing mindfulness to a wide range of people experiencing moderate to enduring mental health challenges.

The course consists of an orientation day and three two-hour drop-in modules, each of which provides teaching and practice that are faithful to the principles of the eight week MBCT course. The module themes are around 'Coming to our senses', 'Understanding stress' and 'Finding perspective'. Klaus Alexander-Wells, Recovery Worker at Southdown Housing and a trained MBCT teacher, co-designed the course with Karunavira, one of the main SMC trainers, and co-delivered the first pilot in July 2016 with a peer trainer. He said: "We didn't want to offer a diluted version of MBCT, but to offer the same principles as the full eight week MBCT course in a way that was not likely to cause distress." He added that some of the practices have been modified: "We are very careful that practices not too long, for example the body scan is no more than 10 minutes and other practices are between three and five minutes."

Klaus explained that because people can self refer to the course, after seeing posters in their GP practice or referral from mental



health teams and charities, there are often people attending the course who could experience difficulties with mindfulness. During the orientation day clients complete a learning plan and discuss whether the course will be appropriate for them at that time.

Each of the three modules contain the themes of inquiry, reflection, pair and group work and is "presented in a way that is not rushed and allows people to dip in and out of mindfulness", said Klaus. The main difference with the full eight week MBCT course is that people are not invited to practice at home and the practices focus on grounding rather than explicitly turning towards difficulty.

The three modules will run in February and March 2017 and further courses are planned for later in the year. For more information on the Mindfulness at Brighton and Hove Recovery College visit:

www.southdownhousing.org/brighton-hove-recovery-college.

A CLIENT VIEW: MINDFUL SEA SWIMMING

Last summer Val joined a Mindfulness and Sea Swimming course that was being run through Brighton and Hove Recovery College. Val had done some sea swimming in the past but had developed osteoarthritis in her ankles which made getting into the water more difficult.

The course, which started with a classroom-based sea safety session, encouraged the group of sea swimmers to practice mindfulness both before and after entering the sea. “I really enjoyed the mindfulness aspect, doing it before meant I didn’t have as much anxiety about getting in the water,” Val said. She added: “I really enjoyed being in salt water and the weightlessness that comes with it. And being able to hear the birds and feel the wind. It added to the feeling of wellbeing.”

As well as helping her with her physical symptoms Val found the mindfulness combined with the sea swimming also helped her mental health. “I think doing a mindful activity in a place that could cause you anxiety is quite good because it helps you to cope with the anxiety,” she said. “If I could manage anxiety in a swimming situation, then I could manage anxiety in other situations. It gave me a different way of thinking about my anxiety.”

The course was run by Counselling psychologist Hannah Denton together with lifeguard support from Saltwater Events. Denton explained why she felt the combination of mindfulness with sea swimming helped to promote the sense of wellbeing: “Everyone has different theories about what’s helpful –



Val took part in the Mindful sea swimming course last summer

it could be physiological impact of being in cold water or it could be the important benefits of sharing the experience with a group of people. For me it’s about how it brings you into your body, and into the moment. It’s a very sensually rich experience.”

Hannah hopes to run further sea swimming courses and is exploring the option of using an outdoor pool to make it more accessible for those people who find getting into the sea more challenging.

“If I could manage anxiety in a swimming situation, then I could manage anxiety in other situations. It gave me a different way of thinking



MINDFUL POETRY

In all the MBCT/MBSR courses run by SMC we use poetry to inspire reflection and mindfulness. To fully experience any poem we must stop and pay attention to it so the very act of reading or listening to a poem cultivates mindfulness. Rumi was a 13th century Persian poet and his poem The Guest House translated by Coleman Barks is often used as an aid to meditation.

The Guest House

*This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness
comes as an unexpected visitor.
Welcome and entertain them all!
Even if they’re a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honourably.
He may be clearing you out
for some new delight.
The dark thought, the shame,
the malice,
meet them at the door
laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.*

The Essential Rumi, translation by Coleman Barks

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 or training please contact the Sussex Mindfulness Centre.

Email:

SMC@sussexpartnership.nhs.uk

Or visit:

www.sussexmindfulnesscentre.nhs.net



UPCOMING MASTERCLASSES AND COURSES

MASTERCLASSES

Friday 14th April 2017

Can we still have meaningful mindfulness practice without classical Buddhist teachings and a system of ethics?

Join us for an inspiring day with Ajahn Amaro, Abbot of Amaravati Buddhist monastery, and one of the foremost contemporary teachers of meditation in the Theravada Buddhist tradition. £40. Usual concessions apply to SMC teachers, advocates and associates.

To book a place email: SMC@sussexpartnership.nhs.uk

STAFF MBCT COURSES

18th April - 13 June 2017, Tuesdays 2:30pm to 4:30pm. Bedale Centre, Bognor Regis.

11th May - 6th July 2017, Thursdays 3:15pm to 5:15pm. Aldrington House, Hove.

27th September - 22nd November 2017, Wednesdays 3.15 to 5.15pm. The Drive, Hailsham.

20 September - 29 November 2017, Wednesdays 3.30pm to 5.30pm. East Brighton Mental Health Centre, Brighton.

3 October - 5 December 2017, Tuesdays 3.30pm to 6pm (all day on 18 November). East Brighton Mental Health Centre. Brighton.

For more information and to apply please visit:

www.sussexpartnership.nhs.uk/mindfulness-groups-staff

For anyone who has completed an eight-week MBCT or MBSR group and who is either a current or ex-service user, or current employee of Sussex Partnership there are monthly drop in or all days held at the Sussex Education Centre on Nevill Avenue, Hove, BN3 7HZ on the Mill View hospital and Hove Polyclinic site. The drop in is held on the first working Monday of the month from 5pm to 6pm.

For more information please visit:

www.sussexpartnership.nhs.uk/day-retreats-and-drop-ins

