



A DAY OF EXPLORING HUMAN STRESS: MAPS, TERRITORIES AND NAVIGATIONAL TOOLS

Who is this for?

This course is for people who wish to deepen their understanding of the multifaceted concept of stress. It will be particularly helpful for mindfulness teachers and clinicians who wish to gain a more solid grounding of the theoretical and scientific knowledge base of mindfulness-based approaches.

The human stress process is a double-edged sword. On one side, it allows us to survive, compete and meet our own basic needs and those we care for. On the other side, by virtue of having a conceptual mind, our habitual stress process also generates much of our subjective suffering and is the fundamental trigger and driving mechanism for our most challenging and disabling afflictions ranging from 'mental' disorders such as depression, anxiety and dementia to 'physical' disorders such as obesity, bowel disease and cancer.

As mindfulness teachers and therapists, a deeper understanding of the experiential nature, psychological processes, and neurobiological mechanisms of stress, particularly chronic stress, can provide us with a range of resources informing how we can harness and tame our own stress response, as well as what and how we teach or treat our clients.

Over the course of this day, our shared exploration will follow the human stress process as it unfolds through the various stages of perception, attention, appraisal, reactivity, regulation and integration. We will also investigate how each stage in this universal process is intimately linked with many therapeutic processes and, in particular, the teaching intentions, methods and sequence underpinning all mindfulness-based interventions.

Led by: Bill Young

Date: 28th June 2019

Time: 9.30-4.30pm

Venue: Lecture Theatre, Sussex Education Centre, Nevill Avenue, Hove BN3 7HY

Cost: £110.00

Funded for Trust Approved Mindfulness Teachers

Certificate of attendance will be emailed after the event.

Book place via Eventbrite:

<https://exploringhumanstress.eventbrite.co.uk>

Password: Mindfulness2806

***Please note:** Tea and coffee are provided, but lunch will not be provided

Our learning journey will draw upon multiple and diverse perspectives and emerging research across the fields of neuroscience, evolutionary biology, social psychology, embodied cognition and integrative healthcare, as well as recent groundbreaking studies within the burgeoning mindfulness and related therapeutic literature.

Bio:

Dr Bill Young is a mindfulness teacher, trainer and therapist who originally trained at the national Centres for Mindfulness in both the UK and USA and now delivers a variety of mindfulness-based interventions within public, NHS, and corporate contexts.

He has been involved in multi-national research into the effects of intensive meditation and, more recently, on the implementation of mindfulness-based interventions within the NHS.

As a practicing Consultant Child, Adolescent and Family Psychiatrist, he works across private, academic, not-for-profit and humanitarian sectors. His current interests include childhood bereavement and trauma, novel treatments for mood disorders, well-being in schools, and developing mindfulness approaches for children, young people and parents.