

New Frontiers in Mindfulness-based Approaches

Sussex Mindfulness Centre's 7th annual conference
Friends Meeting House, Ship Street, Brighton BN1 1AF
Friday 25th October 2019 9:30am to 4:30pm

CONFERENCE PROGRAMME

09:00 – 09:30	Registration	
09:30 – 09:40	Welcome and Introduction	Robert Marx & Clara Strauss
09:40 – 09:50	Sussex Mindfulness Centre and Sussex Partnership NHS Foundation Trust	Samantha Allen, Chief Executive, Sussex Partnership NHS Foundation Trust
09:50 – 10:00	Mindfulness practice	Catherine Cameron
10.00– 10:50	Keynote talk: Building a Compassionate Culture in a Competitive Environment	Jason Gonzalez
10.50-11.00	Mindfulness practice	Helen Igo
11:00 – 11:30	Morning break	
11:30 – 12:30	Compassionate approaches to mindfulness: Mindful Self-Compassion & Mindfulness-Based Compassionate Living	Bridgette O'Neill and Robert Marx
12:30 – 13:30	Lunch break (local cafes)	
13:30 – 14:30	Parallel workshops	
	Mindfulness with people with Emotionally Unstable Personality Disorder.	Alison Roberts and Clara Strauss
	Mindfulness With People Who Have Intellectual/Learning Disabilities	Martin Stent, Celia Heneage, Mary Bond
	Adapting MBC Adapting MBCT for adolescent clinical populations, including those with neuro-developmental disorders	Brenda Davis, Lana Jackson, Ruth Sequeira, Ruth Kendall and others
	Inquiry Skills	Taravajra
	A participant experience of mindfulness	Mike Hales, Julia Racster-Szostak and Helen Leigh-Phippard
	Mindfulness practice	Jiva Mashader
14:30 – 15:00	Afternoon break	
15:00 – 15:10	Mindfulness Practice	Hannah Shutt
15:10 – 16:00	Keynote talk: What makes an effective mindfulness teacher?	Rebecca Crane
16:00 – 16:15	Plenary - Reflections of the Day	Robert Marx & Clara Strauss (Chairs)
16:15 – 16:20	Evaluation forms	
16:20 – 16:30	Mindfulness Practice	Fergal Jones
16:30	Conference closes	