

## Fact sheet

# Staff mindfulness course

### **A six week course in mindful self-care for all CALHN staff**

This COVID-19 era is a challenging time for everyone, especially healthcare staff. Without good self-care strategies, we may find it hard to respond adaptively to the increased and intense work pressures.

Mindfulness approaches teach us how to look after ourselves wisely and kindly so that we may care for others in the same way through this pandemic.

There is growing evidence that when health professionals practice mindfulness, there are beneficial effects not just for them, but for the patients under their care (Grepmaier et al, 2007; Annelrvig et al, 2009).

With the support of a range of CALHN Wellness and Spiritual Care Services and QEH Clinical Education Centre, a six week Introduction to Mindfulness course is available to all healthcare, admin and corporate staff who wish to learn mindfulness skills for use in their personal and professional lives.

Participants are asked to practise meditation for 15 minutes on a daily basis in order to test out the potential benefits for themselves. Practicing the meditations at home for at least 15 minutes daily enhances the benefits over the duration of the course and beyond.

### **Details**

See calendar for details of available courses: [www.mindfulscp.com/calendar](http://www.mindfulscp.com/calendar)

All courses are being held online using Zoom at this time – free download via <https://zoom.us/>

The different fee scales subsidise the running costs of the course, making it accessible for all. Payment plans are also available. Cost includes course booklet and guided meditations.

CPD certificates are available at the end of the course on request.

Course facilitators are healthcare professionals who are also experienced mindfulness teachers and who adhere to the international good practice guidelines for mindfulness teaching.

To register, please contact [admin@mindfulscp.com](mailto:admin@mindfulscp.com)

For more information, please see [www.mindfulscp.com](http://www.mindfulscp.com)

### **Course Developer: Dr Maura Kenny, MBChB, MRCPsych, FRANZCP**

*Dr Maura Kenny is a Psychiatrist and Coordinator of the Mindfulness-based Cognitive Therapy (MBCT) Programs at the Centre for the Treatment of Anxiety & Depression, CALHN.*

*She specialises in Cognitive Behaviour Therapy and Mindfulness-based Cognitive Therapy in the areas of Stress, Mood and Anxiety disorders, and has used these approaches in clinical, organisational and workplace settings. She has extensive experience of providing mindfulness courses to doctors and other health professionals.*

*This 6 week course has now been taken up in health settings interstate and overseas with outcome data showing reductions in stress and increases in self-compassion.*