

# Teaching Clients to use Mindfulness Skills

*A one day workshop in the 'Teaching Clients to...' series*

**In the last 15 years Mindfulness has been incorporated into a number of psychological treatments for mental health conditions.**

In this workshop two senior clinicians from the NHS will share their experiences and techniques for teaching mindfulness skills to clients with a range of difficulties. They will introduce the concepts and demonstrate how to explain these to clients while gently leading them through some experiential exercises.

**Dr Maggie Stanton** is a Consultant Clinical Psychologist heading a team of psychological therapists in the NHS. She teaches mindfulness skills regularly to clients, both individually and in groups. She supervises and lectures at the University of Southampton on the CBT Diploma and the Doctorate in Clinical Psychology.

**Christine Dunkley** is an advanced practitioner in psychological therapy and leads weekly mindfulness groups in two community mental health teams. She is also on the national training team for Dialectical Behaviour Therapy and teaches DBT skills to NHS and forensic staff throughout the UK.

**Both clinicians have over 20 years experience in the NHS.**

This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses and CBT practitioners. It will contribute 6 hours towards Continuing Professional Development requirements.

30<sup>th</sup> March 2012, 9.30 am – 4.30 pm  
The Queen's College,  
Oxford University,  
High Street,  
Oxford,  
OX1 4AW

Prices including lunch & refreshments  
Until 28<sup>th</sup> Feb 2012 - £110 plus vat  
From 1<sup>st</sup> March 2012 - £120 plus vat  
For more information or to reserve a place visit :- [www.stantonltd.co.uk](http://www.stantonltd.co.uk) or  
[www.grayrock.co.uk](http://www.grayrock.co.uk)

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A training workshop produced in partnership between **grayrock** and **STANTON psychological SERVICES**

**Stanton**  
psychological services

**The Queen's College** was founded in 1341 and is one of the oldest and loveliest of the Oxford colleges. See <http://www.queens.ox.ac.uk/> for details



The Shulman Auditorium (right) was opened in Nov 2011 by the Duchess of Cornwall. It is built into the old college wall in the Fellows' Garden and provides state-of-the-art lecture facilities.



A two course lunch will be served in the Dining Hall (above)



Bed and Breakfast accommodation in student rooms, inside the college, can be booked at a specially reduced rate using Promotional Code GRAY2012 at :- <http://www.queens.ox.ac.uk/conferences/room-booking-form>