

Teaching Mindfulness Skills

One day webinar with
Dr Maggie Stanton

Mindfulness has been incorporated into a number of psychological approaches for those with mental health difficulties, work stress, sports people, in schools and many other settings.

This webinar and materials were developed by Dr Maggie Stanton and Dr Christine Dunkley, authors of the best selling book: **“Teaching Clients to use Mindfulness Skills,’ (Second Edition due out in 2024).** In this webinar Maggie will share their experiences and techniques for teaching mindfulness skills to people of all ages with a range of difficulties. She will introduce the concepts and demonstrate how to explain these to clients while gently leading them through some experiential exercises. She will incorporate tips for helping people to use these skills in their everyday lives and how to overcome obstacles that can get the way.

Dr Maggie Stanton is a Consultant Clinical Psychologist with 35 years of experience in NHS. After running a large Psychological Therapies Service, she now focuses on providing training, supervision and consultancy to others from a range of backgrounds. Maggie has lectured and supervised on the DClinPsych courses at the Universities of Birmingham and Southampton as well as the Post Graduate Diploma in CBT at the University of Southampton. She has been an honorary lecturer for the Post Graduate Diploma in DBT at the University of Bangor. For 10 years she was a Senior Trainer with British Isles DBT Training. She has been involved in a range of research including being Clinical Lead in a large multi-centred RCT for Treatment Resistant Depression. Maggie was a Director of the UK and Ireland Society for DBT and was a member of the Expert Reference Group, which developed the Self-Harm & Suicide Prevention Competence Framework for the NCCMH. She has published her work in journals, books and at conferences including two books on teaching and using mindfulness skills and is regularly an invited speaker both nationally and internationally. Maggie is an accredited DBT Therapist and Supervisor, a Chartered Psychologist with the British Psychological Society and a member of the Division of Clinical Psychology.

This live interactive webinar is suitable for health professionals including clinical and counselling psychologists, doctors, counsellors, social workers, mental health nurses as well as those working in third sector, educational and coaching settings. It will be of interest to practitioners of mindfulness as well as those who are new to the approach.

It contributes 6 hours of Continuous Professional Development (CPD)

8th December 2023, 10.00am – 4pm

Join live on the day or watch the recording at any time until the end of January 2024

Price £120+VAT