

## PROFESSIONAL DEVELOPMENT WORKSHOP

# Applying mindfulness in cancer care

**Time:** Friday 16 March 2012, 10.00 – 4.30

**Venue:** Westleigh Conference Centre, Lea, PRESTON, PR4 ORB

**Workshop Facilitators:** Christina Shennan, Psychotherapist UKCP, Cancer Help,  
Croston House, Garstang and;  
Alistair Smith, Clinical Psychologist

**Cost:** no charge

### **AIMS**

This one-day workshop, for health / social care professionals and volunteer supporters, will help you learn how mindfulness training and practice can benefit you, both personally and in your work. It will also help you consider how to share the advantages of being mindful with patients and their carers.

We will be considering the evidence-base, philosophy and research on mindfulness-based interventions, with particular reference to the field of cancer care.

The workshop will be interactive and experiential, since mindfulness is best grasped through practicing it. You will therefore be invited to take part in meditative exercises during the event.

We will also spend time during the afternoon considering what you might do next, to help bring mindfulness into your own life and/or into your work and what support may be available for this from other workshop participants or from further afield.

As places are very limited a registration form will need to be completed and returned before you will know whether you have been allocated a place on the workshop. Tea/coffee throughout the day and lunch will be provided.

Should you have any queries please contact Jeanette Smalley at the Cancer Network office on either (01772) 647045 or [jeanette.smalley@lscn.nhs.uk](mailto:jeanette.smalley@lscn.nhs.uk)