

Mindfulness workshop

Department of General Practice

MINDFULNESS



May 28, 2016 (Saturday) & October 8, 2016 (Saturday)

Cost: Full rate: \$150 plus GST
DGP Affiliate rate: \$110 plus GST
Student rate: \$80 plus GST

Time: 1pm to 5pm

Venue: Lecture Theatre, Monash University,
Notting Hill campus, Bldg 1, 270 Ferntree
Gully Road, Notting Hill, VIC 3168

Due to the popularity and excellent feedback from the Mindfulness workshop held in 2015, we will be holding two Mindfulness workshops this year.

Mindfulness-based approaches have generated a great deal of clinical and research interest in recent years. Mindfulness is a generic skill involving training attention and attitude. It has a wide range of solutions to improving immunity, neuroplasticity, epigenetics, and enhanced clinical performance. This interactive workshop will explore the principles and application of mindfulness based practices for personal and professional use.

The Mindfulness workshop aims to increase awareness of the importance of stress and mental health problems and their effects on wellbeing, performance and leadership. It will also increase knowledge of the indications for and role of mindfulness in managing mental and physical illness.

Learning Outcomes:

1. To increase knowledge of the indications for and role of mindfulness in managing mental and physical illness;
2. To increase skills in the cognitive and practical aspects of mindfulness meditation and mindfulness-based stress management;
3. To apply mindfulness to personal and professional life for the enhancement of wellbeing;
4. To apply mindfulness to personal and professional life for the enhancement of leadership; and
5. To apply mindfulness to personal and professional life for the enhancement of performance.

Workshop Facilitator

Associate Professor Craig Hassed, MBBS, FRACGP



Assoc. Prof. Craig Hassed is based at the Monash University Department of General Practice where he has been teaching at both undergraduate and post-graduate levels since 1989. He has been instrumental in introducing a variety of innovations into medical education and practice with an emphasis on the application of holistic, integrative and mind-body approaches.

Craig's work has a particular focus on incorporating mindfulness-based strategies into health, professional and educational environments. Craig has also published 11 books including Know Thyself, The Essence of Health, General Practice: the integrative approach, Mindfulness for Life, Mindful Learning and most recently Mindful Medical Practitioners on the role of mindfulness in medical education and practice.



RACGP
This activity has been approved for 6 CAT2 points in the RACGP QI&CPD program for the 2014-2016 triennium

ACRRM

This activity has also been accredited by ACRRM for 3 CORE points.



CRICOS provider: Monash University 00008C. MMS394449

For registration and enquiries please contact:

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