



MRE Level 1, Part 1: Introduction to Trauma Sensitive Mindfulness

Online Sessions

Overview

This 5 week online training course offers an experiential introduction to Mindful Resilience Enhancement (MRE), a trauma sensitive approach to safely and accessibly teach mindfulness to most individuals and groups. Around experiential practices (essentially a compressed version of an MRE course), we will develop the theoretical framework we have developed that underpins teaching mindfulness safely and accessibly to most people, including those who have experienced trauma.

We believe that a trauma sensitive approach should be the default approach to teaching mindfulness as, to do otherwise, risks the wellbeing of course participants because we cannot know who may be adversely affected by mindfulness practices mismatched to individual need. We also consider that there is no compelling clinical rationale to offer mindfulness courses that are not trauma sensitive. In our experience, teaching mindfulness in a trauma sensitive way helps everyone learn mindfulness more easily and integrate mindfulness more quickly into their lives, regardless of whether they have experienced trauma or not.

Dates (Tuesday evening online via Zoom, 6.30pm-9pm)

April 20th & 27th, May 4th, 11th & 18th

Suitable for

students, trainees, professionals and practitioners working in health, educational, social and complementary contexts

Facilitators

Tim Duerden & Annette Dunn

Fee

£195

Register mrepart2.eventbrite.co.uk

Online
Sessions

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