

M4MD PROGRAM

Mindfulness for Medical Doctors

-Delivered by Medical Doctors-

“A Two-Day Intensive Retreat of mindfulness-based cognitive skill training for all medical doctors. We particularly welcome registration from doctors returning to NHS duties from longer periods of leave”



Mindfulness helps many people manage their thoughts, feelings, behaviours and relationships with awareness and compassion. This highly intensive retreat, delivered by Florian and Sarah, two experienced NHS consultants and mindfulness teachers, gives you a chance to learn about Mindfulness: based on latest scientific evidence, it can help you to greater well-being and resilience, as well as making choices in how to meet daily intense challenges in your clinical and private life. It is a way of enhancing paying attention, staying present and responding skilfully to what’s challenging to you “moment-to-moment.

Programme outline and dates

A two-full days’ online retreat on Friday 6th of August 2021 (Day 1) and Monday 9th of August 2021 (Day 2) from 8.30am-5.30am is offered for all London-based doctors and lead by

Dr Florian Alexander Ruths Consultant Psychiatrist, Mindfulness Lead South London and Maudsley
Dr Sarah Walsh, Consultant Dermatologist and Mindfulness Teacher, Kings College Hospital London

Each immersive retreat-day includes longer formal meditation practices, feedback from the practices, the introduction of the concepts and evidence for a new sessional theme, group discussions, shorter mindfulness exercises and home practice options.

2021 Course Date	Sessions	Topics
Day 1 Friday 6th of August 2021 8.30am – 5.30pm	1	Mindfulness-based interventions (MBIs) & scientific evidence for MBIs
	2	Emotions & the body; the media and their use
	3	The Medical mind-set and its pitfalls
	4	Burn-Out & Experiential Avoidance
Day 2 Monday 9th of August 2021 8.30am – 5.30pm Jan Welch room, WEC, KCH	5	Empathy, Compassion & Friendliness
	6	Core Emotional Needs, Medical Errors & Prevention
	7	Appreciative Joy, Life, Human Vulnerability & Death
	8	Summary, Valuing oneself & dealing with stress

To enquire or book – please email the SRTT Team on kch-tr.srtt@nhs.net