



Hi All

Welcome to our **Autumn 2016 Newsletter** collated to share with the enthusiastic and passionate mindfulness teachers and those interested in learning more about mindfulness and deepening their practice opportunities.

Please feel free to circulate this Newsletter to any of your friends, family and colleagues.

Autumn 2016 Edition	Lancashire Mindfulness CIC Newsletter
<p>NEW LAUNCH EVENT Special Interest Group for Mindfulness-based Interventions in the North West England with the support of PPN NW and HEE</p> <p>To book a free place go to https://www.bangor.ac.uk/mindfulness/regform.php?id=717</p>	<p>With the support of the North West Psychological Professions Network Peter Morgan and Lisa Graham are pleased to announce the launch of a Mindfulness-based interventions Special Interest Group and a follow-up event to the ASPIRE research and launch of the NEW Implementation Tools FREE MBI Implementation Workshop & North West SIG MBI's launch at Bolton Whites on Wednesday 7th December, 10:00 to 16:00 (lunch included)</p> <p>To book your free place go to https://www.bangor.ac.uk/mindfulness/regform.php?id=717 See the new Mindfulness SIG website at: http://www.nwppn.nhs.uk/index.php/groups/sig-mindfulness-based-interventions</p>
<p>Expressions of Interest Invited for MBCT Teacher Development Foundations course in PRESTON, Lancashire 2017.</p>	<p>Our training organisation is a participating member of the UK Network of Mindfulness-based Training Organisations. Lisa Graham and Peter Morgan will host an MBCT Teacher Training Foundations course from January 2017. We are now accepting applications for our Teacher Development Pathway. See our course handbook and expression of interest form at www.lancashiremindfulness.co.uk/mindfulness-tdc .</p>
<p>8-WEEK MINDFULNESS-BASED COGNITIVE THERAPY COURSE, Saturdays 10:00 – 12:00</p>	<p>January to March 2017 Mindfulness course - MBCT (16 hours teaching), including Day of Guided Mindfulness Practice £160. Course taught by Lisa Graham. See attached and please share widely where appropriate. - PRESTON - places available -</p>
<p>Day of Mindfulness Practice 11th December & 16th April 10:00 – 16:00</p>	<p>The Day of Mindfulness can be accessed by those who have completed an 8-week mindfulness course or similar established meditation practice. £25, to book a place contact Lisa at lisa.graham@lancashiremindfulness.co.uk</p>
<p>Drop-in Mindfulness Practice Sessions, PRESTON</p>	<p>Saturday morning 9am – 9:30, suitable for those interested in trying mindfulness as well as for those who have completed a course and find benefit from led practice or practicing with others for dates see the <u>Mandala Timetable</u></p>
<p>FREE OPEN WEEKEND MANDALA PRESTON Includes FREE Mindfulness Taster Session 10 – 11 Saturday 28th January</p>	<p><u>Free open weekend with Mandala therapists 28 & 29th January</u>. Includes a "Health Market" and support towards Ttime to Change" project. FREE Mindfulness Taster Session in the first floor area (back of the health market on the first floor) at 10:00 to 11:30 on Saturday 28th January. http://www.themandalapreston.com/</p>
<p>Launch of the De-Stress Program (DSP) at The MANDALA</p>	<p>A range of therapist presentations to launch the De-stress Program at The Mandala Preston. At 2:30 to 3:30 on Sunday 27th November. For more information contact Marguerita (Director) at The Mandala Tel: 07809 119509</p>
<p>IMPORTANT UPDATE – MBI-TAC see attachment</p>	<p>New version of the MBI-TAC attached for all MBI teachers and supervisors of Mindfulness-based Interventions – Teaching Assessment Criteria</p>
<p>RETREATS</p>	<p>Position paper on MBI Retreats from the UK Network see attachments</p>

<p>Secular Mindfulness Retreats</p>	<p>Mindfulness Network CIC offer high quality secular mindfulness-based retreats, upcoming retreats in October and November 2016 in Trigonos These retreats will help mindfulness teachers:</p> <ul style="list-style-type: none"> • adhere to Good Practice Guidelines • Meet their annual retreat requirements for inclusion on the UK Network's Listing of Mindfulness Teachers <p>More information about all of their retreats see attached – the online application - can be found at https://www.mindfulness-network.org/retreats.php.</p>
<p>Mindfulness Supervision</p>	<p>Cindy and Alison have been hard at work for the Mindfulness Network CIC recruiting more highly experienced mindfulness supervisors. During the annual UK Network Meeting Guidelines for MBI Supervisors were discussed and will be available soon through the Network website. Go to: https://www.mindfulness-network.org/our-supervisors.php</p>
<p>Mindfulness RESEARCH</p> <p>UCLA Newsroom – Mindfulness training may be helpful in the recovery of stimulant addiction in adults who have anxiety and/or depression LINK</p> <p>Medical Xpress: Can mindfulness practice keep emotions in check? LINK</p> <p>SAGE: MBCT in primary care for individuals with physical health problems with anxiety and depression LINK</p> <p>SPRINGER: Systematic review & meta-analysis: Mindfulness for chronic pain LINK</p> <p>SPRINGER: The impact of mindfulness training on borderline personality disorder LINK</p> <p>SPRINGER: The role of practitioner mindfulness and resilience in therapist effectiveness LINK</p> <p>WORLD PSYCHIATRY: MBCT for relapse prophylaxis in mood disorders, new article by Zindel Segal LINK</p> <p>Mindful: New study explores whether meditation can keep our emotions in check LINK</p> <p>British Journal of Psychiatry: MBCT "V" group CBT psychoeducation for GAD: RCT LINK</p> <p>British Journal of Psychiatry: Has the Science of Mindfulness lost its Mind? Interesting critique LINK</p> <p>Journal of Psychosomatic Research: Mindfulness meditation for insomnia: A meta-analysis of randomised trials LINK</p> <p>BRAIN & COGNITION: 8-week mindfulness course induces brain changes similar to those found in long-term meditators LINK</p> <p>JAMA Efficacy of MBCT in the prevention of depressive relapse LINK</p>	
<p></p> <p>Mindfulness Research Update: Monthly review of published research</p>	<p>An online journal informing research and practice: http://www.mindfulexperience.org/newsletter.php https://goamra.org/wp-content/uploads/2014/06/MRM_v7n9_sep.pdf https://goamra.org/wp-content/uploads/2014/06/MRM_v7n10_oct.pdf</p>
<p>Mindfulness in EDUCATION</p> <p>Short Film "RELEASE": Middle-schoolers take control of anxiety using mindfulness LINK</p> <p>nprED When teachers take a breath their students bloom LINK including four techniques to use in the classroom.</p> <p>The Telegraph Teach yoga and meditation to "unplug kids" says education minister LINK includes links to the 478 breathing practice, Bedtime Meditation and Pre-Sleep Yoga (lovely brief practice demonstrations).</p> <p>Lincolnshire Reporter Scunthorpe MP calls for mindfulness to be taught in schools LINK</p> <p>Meditation made my students calmer, kinder and more focussed LINK</p> <p>THE GUARDIAN Mindfulness in Schools LINK</p> <p>It is the supreme art of the teacher to awaken joy in creative expression and knowledge - Albert Einstein -</p>	
<p>Mindful Parenting</p>	<p>Body Scan for kids LINK</p> <p>Three ways to talk with your kids about diversity: LINK</p> <p>Lovely short cartoon: Colour Your World with Kindness: LINK</p> <p>Four reasons to practice mindfulness when pregnant LINK</p>

	<p>Two simple mindfulness practices for back to school LINK Can mindfulness help parents relate to pre-teens: LINK See these stress-busting, mood lifting benefits of mindfulness during pregnancy LINK</p>
<p>Mindfulness in the WORKPLACE</p> <p>Mindfulness Initiative: Building a Case for Mindfulness in the Workplace. A valuable resource for all those who aspire to implement mindfulness into their workforce LINK</p> <p>BBC World Service – Mindfulness... The latest corporate trend a brief interview with coaches and teachers about developing mindfulness in business LINK</p> <p>FORD – Mindful motors: How Ford is embracing the latest mindfulness meditation phenomenon LINK</p>	
<p>Mindfulness in SPORT</p> <p>Did mindfulness APPs help Team GB's medal haul LINK Tom Daley and Laura Trott are great fans of the Headspace app specially devised for athletes for the games.</p> <p>Train the brain to thrive: Four mindfulness skills used by those successful in sport LINK</p>	
<p>Mindfulness Practice downloads: Mindful Movement Practice LINK</p>	
<p><i>You should sit in meditation for twenty minutes every day — unless you're too busy. Then you should sit for an hour." -Zen proverb</i></p> <p>Next Commit to Sit Month Started November 1, 2016</p> <p>Everyone needs support for their daily meditation practice! With our busy schedules, it's too easy to put off meditation in place of family commitments, daily tasks, plans with friends, and mindless entertainment. But how different would you feel if you meditated every day for a month? Bloom of the Present is offering two Commit to Sit Months a year, one in the autumn and one in the spring. You can choose the amount of time for your daily meditation. If you already meditate everyday you can commit to longer meditations or meditating more than once a day.</p> <p>Download your November 2016 Commit-to-Sit form: HERE. This form is for your own personal use to remind you each day of the commitment you have made.</p> <p>Carla Brennan will send weekly suggestions, instructions and information to supplement your daily meditation. If you wish to receive these, register by sending an email to Carla: brennan.carla@gmail.com.</p> <p>During November 2016 we will also be adding instructions and suggestions for committing to daily mindful activity. If you are interested in some of the current research on the benefits of regular meditation, go to this link, Scientific Benefits of Meditation: http://liveanddare.com/benefits-of-meditation</p>	
<p>Other interesting bits</p>	
<p>Australia has published an aspirational Mindful Nation Report</p>	<p>Australia 21 SHAPING THE FUTURE: Mindfulness, Empathy & Compassion: The Building Blocks of a Mindful Nation See ATTACHMENTS</p>
	<p>The trouble with mindfulness APPS LINK Great article reflecting important cautions and the important role of research and generating evidence for MBI's (mindfulness-based interventions).</p>
<p>The Left Shoe – FAB short film</p>	<p>Remember the joy of a new pair of shoes? This beautiful film, based on a story attributed to Gandhi's life, depicts the lives of two boys. It is the first film by then, 20-year old filmmaker, Sarah Rozik, and won the Jury's special</p>

	award in the short film category at the 2014 Luxor Egyptian and European Film Festival. LINK
BBC iWonder	Could mindfulness work for me? LINK A great informative site with an interview with Willem Kuyken where he skilfully demonstrates some brief mindfulness practices
Walk with Me	Benedict Cumberbatch narrates new Mindfulness film documentary featuring Thich Nhat Hanh LINK to see preview
Om Yoga & Lifestyle Magazine	Preview Om Yoga & Lifestyle Magazine: September Edition LINK Great 30 page special report on yoga and pregnancy LINK Preview Om Yoga & Lifestyle Magazine: October Edition LINK
Centre for Healthy Minds	Mind over matter: Mapping the two way street of the brain and the immune system LINK The art of listening LINK Can mindfulness help us be more authentic? LINK
Mindful	Is mindfulness the future of therapy? LINK Three mindful things to do to start your day LINK Three mindful ways to transform negative thinking LINK Four questions to foster your authentic self LINK
Greater Good in Action	How to choose what meditation suits you? LINK
The Guardian	Can APPs improve your mental wellbeing?
New Look website	Insight Meditation – Gregory Kramer launches new website LINK
New Look website	Smiling Mind new look website FREE for kids practices LINK
	Five ways to nourish the brain LINK
Zindel Segal	The difference between being and doing, including a 7 minute meditation LINK
<p>CHOICE is a feature-length documentary showing a diverse range of people making the choice for a better life through meditation. They range from ballet dancers and writers to stressed business people, cancer patients, foster children, and maximum security prisoners.</p> <p>Their stories show that peace is possible for individuals and communities – and suggests it may be possible for all of humanity.</p> <p>The award winning production team for CHOICE are delighted that it has been accepted at Awareness Film Festival and the International Social Change film festival this year.</p> <p>The specific meditation technique explored in the film is The Bright Path Ascension, but the hope is that it might inspire others to explore in what ever way appeals to them.</p> <p>You can see the trailer at: http://www.choicethefilm.com/en/trailer/</p> <p>The film has recently premiered in Los Angeles and is now screening all across Latin America. The media interest is growing by the day.</p> <p><u>In order for this film to screen in Preston we have only few days left to sell enough tickets to confirm the screening.</u> If you are interested please go to:</p> <p>https://tickets.demand.film/event/1175</p> <p>the facebook event page is: https://www.facebook.com/events/983591501786025/</p>	
	Ten tips for more effective communication LINK
TIME Love this article!!	How to make your Mind Happy, according to Neuroscience LINK an exploration of mindfulness in relation to left-brain right-brain theory.

	www.mindfulnessteachersuk.org.uk
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Thanks to Peter and Charlie for their contributions to the Newsletter.
If you do not wish to receive these Newsletters please contact Lisa Graham at
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