



Hi All Welcome to our **Summer 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.

In these newsletters we hope to let you know about what is happening locally across the **North West Mindfulness Network**, and to have a forum to share news and other information from wider afield.

Please feel free to circulate this Newsletter to any of your colleagues and do send anything you think might be useful to be incorporated into the next Newsletter.

Summer 2016 Edition	Lancashire Mindfulness CIC Newsletter
Expressions of Interest Invited for MBCT Teacher Development Foundations course PRESTON, Lancashire.	Our training organisation is a participating member of the UK Network of Mindfulness-based Training Organisations . Lisa Graham, Peter Morgan and colleagues will host an MBCT Teacher Training Foundations course from January 2017 . We are now gathering expressions of interest in our Teacher Development Pathway. See our course handbook and expression of interest attachment.
8-WEEK MINDFULNESS-BASED COGNITIVE THERAPY COURSE, Fridays 3:30 – 5:30 PRESTON - places available -	September to November 2016 (term time). Taster Session 16 th Sept, Mindfulness course (16 hours teaching), including Day of Guided Mindfulness Practice £200. Course taught by Lisa Graham. See attached and please share widely where appropriate. MBCT Teacher Placement opportunity also available, contact Lisa to discuss. £150 for 8-week course (Friday afternoons).
Day of Mindfulness Practice 11th December 10:00 – 16:00 See attached POSTER	The Day of Mindfulness can be accessed by those who have completed an 8-week mindfulness course. £25, to book a place contact Lisa at lisa.graham@lancashiremindfulness.co.uk
Drop-in Mindfulness Practice Sessions, PRESTON see attached POSTER	Thursday Evening 8pm – 8:30, 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
Secular Mindfulness Retreats Short Retreats <u>Retreats fulfilling</u> <u>Registration Requirements</u>	Mindfulness Network CIC have been working hard to develop a range of secular mindfulness-based retreats that are accessible to all, from those new to mindfulness to those with more experience, such as mindfulness teachers and students. Their programme includes one, three, five and seven-day retreats. More information about all of their retreats – and the online application - can be found on our website at https://www.mindfulness-network.org/retreats.php .
Mindfulness Supervision	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
MBCT RESEARCH UPDATE April 2016 – New MBCT Meta-Analysis published in JAMA LINK Mindfulness-based cognitive therapy can prevent recurrent depression (The Mental Elf, 28 th April 2016) Summary of meta-analysis of MBCT, including a 45-minute podcast interview with Willem Kuyken about the evidence base for mindfulness, safety in mindfulness and mindfulness in schools. MBCT for recurrent depression: "What do we know? What does it mean? Where to next?" (Oxford Mindfulness Centre, April 2016) Mindfulness therapy works as well as antidepressant drugs, say experts (Evening Standard, 28 th April 2016)	

Also reported in [Huffington Post UK](#), [The Telegraph](#), [The Independent](#), and 43 more places.
 Article by Catherine Crane & Zindel Segal on MBCT Reducing Depressive Relapse [LINK](#)



An **online journal** informing research and practice:
<http://www.mindfulexperience.org/newsletter.php>
 April: [LINK](#)
 May: [LINK](#)
 June: [LINK](#)
 July: [LINK](#)
 August: [LINK](#)

MBCT may not be adequate substitute for maintenance anti-depressants
[LINK](#)

Intensive meditation practice linked to slower respiration rates [LINK](#)

Mindfulness (MBSR) as effective as CBT in pain management compared to usual treatment - [LINK](#)

Brain changes in veterans following mindfulness intervention [LINK](#)

Richard Davidson
 Short film – Meditation – Research Challenges, a call for longitudinal research examining who benefits in the long term... [LINK](#)

Critics of MBI's
 Power of positive thinking skews mindfulness studies [LINK](#)

Mindfulness in EDUCATION

[Mindfulness works - which is why I'm implementing it at my university](#) (The Telegraph, April 29th April 2016)
 Vice Chancellor at Buckingham University, "For every successive year medical students study, their mental health declines. Yet these are the very people who will be looking after the nation's bodies and minds."

Create a glitter jar for kids – a great way to illustrate overthinking and allowing thoughts to settle [LINK](#)

What changes when a school embraces mindfulness – [LINK](#)

[Students as young as five doing daily meditation as mindfulness movement sweeps Victorian schools](#) (Herald Sun, 31 July 2016). *Note: That's Victorian as in Victoria Australia, not a historical commentary.*

Mindful Parenting

Can living in the moment make you a better parent? [LINK](#)
 Mindful Parenting may keep kids out of trouble [LINK](#)
 Benefits of Mindful Parenting [LINK](#)
 Teaching kids forgiveness can make them happier... [LINK](#)
 8 ways to bring mindfulness into your family... [LINK](#)

[Kids With Anxiety Disorders 'Significantly' Benefit From Mindfulness Exercises By Changing Brain Activity](#) (Medical Daily, 24th July 2016). Also here:
<https://www.sciencedaily.com/releases/2016/07/160720105456.htm>
[Mindfulness for kids: Could an app make your children happier?](#) (The Telegraph, 25th July 2016). Coverage of new Headspace for kids App

Mindfulness in the WORKPLACE

How and why to reclaim your life from email... [LINK](#)

Train your brain to focus [LINK](#)

How to practice mindfulness in your daily life [LINK](#)

Teach doctors mindfulness to avoid blunders [LINK](#)

[Mindfulness improves employee focus and behavior, says new management-based research \(HR.BLR.com, 15th April 2016\)](#)

[Why Mindfulness Is So Important In The Workplace Today \(Forbes, 25th April, 2016\)](#)

[Mindfulness over matter \(US Air Force, 26th April 2016\)](#) "It's kind of like the oxygen mask analogy in an aircraft," Macaulay said. "We are always asked to secure our own oxygen mask before securing others. I'm trying to teach the members of my unit to take care of themselves. Mindfulness is one way of doing that."

[George Mumford, Mindfulness & the New York Knicks \(ESPN, 10th April 2016\)](#) Responding to pain in sport rehabilitation and staying focused while playing sport.

Sad Sad News	Not without our own loss of service in Lancashire, the current registration pressures and funding deficits are brilliantly outlined here... Great article but so SAD http://www.growmindfulness.org/blog/2016/4/19/sad-news-closure-of-the-grow-mindfulness-teacher-network
Other interesting bits	Is Mindfulness Safe – Article from the OMC from Willem & Ruth _ http://www.oxfordmindfulness.org/is-mindfulness-safe/
Jon Kabat-Zinn	Online seminar Pain and the Promise of Befriending the Full Catastrophe - LINK
A call for personal stories	Has mindfulness helped improve your mental health? Share your story (The Guardian, 29th April 2016) A call for personal stories, "for better or worse"
Just One Thing	Get more sleep LINK
Smiling Mind	Fab film showcasing the fantastic work of Smiling Mind LINK
	Reasons to cultivate patience and suggestions to try LINK
	Can an APP make you more mindful? Featuring Jamie Bristow LINK
	Clever presentation – What is neuroplasticity LINK
Bounce-back	Can mindfulness help us deal with failure... LINK
Mindful	Seven drivers of old habits of thinking LINK
Lovely article	How mindfulness helps you find your way through difficulty LINK
Love the implications of this study...	Not meeting your exercise goals? Mindfulness might be able to help with motivation... LINK
	Highly recommended biography by Professor J Doty CCARE Also see conversations on Compassion with Dr. James Doty, Moderated by Jon Kabat-Zinn LINK
	Powerful age-defying effects of yoga, meditation and mindfulness - LINK
	How mindfulness helps with difficult emotions LINK
	Mindfulness key to eating what you want without overeating LINK
Tuning in	How to be a mindful listener - Tips to help be a better listener to yourself so you can learn to become a better listener to others LINK

Maureen Cooper	Five reasons why it can be hard to meditate and five ways to overcome this LINK
	Four ways to mindfully consume media LINK
Betrayal	How Mindfulness can help us forgive betrayal LINK
	Five reasons why learning mindfulness is hard LINK
Fibromyalgia	How mindfulness can help with fibromyalgia - LINK
QUOTES	Make your ego porous. Will is of little importance, complaining is nothing, fame is nothing. Openness, patience, receptivity, solitude is everything. Rainer Maria Rilke
Links to other NEWSLETTERS	http://www.bangor.ac.uk/mindfulness/documents/Autumn30.09.15_000.pdf http://www.oxfordmindfulness.org/about/newsletter/ http://cedar.exeter.ac.uk/media/universityofexeter/schoolofpsychology/cedar/documents/mindfulness/Newsletter - Mar 15.pdf http://www.breathworks-mindfulness.org.uk/newsletter-registration
<u>UK Network for Mindfulness-Based Teacher Training Organisations</u>	Lancashire Mindfulness CIC are a participating member of the UK Network of Mindfulness-Based Teacher Training Organisations . Our trainers adhere to the <u>Good Practice Guidelines for Trainers</u> and we expect our teachers we train to adhere to the <u>Good Practice Guidelines for Teachers</u> . VISION: The Network represents the leading teacher training organisations in the UK MISSION: We are committed to supporting and developing good practice and integrity in the delivery of Mindfulness-based approaches OBJECTIVES: We do this by: Having strong collaborative relationships between organisation members defining, upholding and disseminating standards www.mindfulnessteachersuk.org.uk

Thanks to Peter Morgan for his contribution of related articles
If you do not wish to receive these Newsletters please contact Lisa Graham at lisa.graham@lancashiremindfulness.co.uk