Be MINDFUL

AN INNOVATIVE MINDFULNESS BASED TRAINING PROGRAM FOR MENTAL HEALTH PROFESSIONALS

IN THIS ISSUE

1 BE MINDFUL&ACT TRAINING COURSE- FINAL VERSION AVAILABLE

2 DISSEMINATION EVENTS

BE MINDFUL&ACT TRAINING COURSE FINAL VERSION AVAILABLE

The final version of the BeMindful&ACT training program is now available on the Be Mindful training platform in three languages, Spanish, Slovenian and English. BeMindful&ACT is addressed at professionals working with persons affected by mental illness and those professionals working with persons that are suffering, in general. BeMindful&ACT is divided into two parts. The first part of the program is composed of 5 modules. It focuses on the potentiation of the own psychological flexibility of the participants. The participants will learn- and put into practice- ways to relate with stressful thoughts and feelings, that will enable actions based on what is important at a precise moment. The second part of the program consists of one module oriented at its application in the work with patients and clients.

TRAINING PROGRAM

PART 1

Module 1 *Introducing mindfulness (the art of navigating)*
Module 2 *Distinguishing our internal experience and learning about control (i learn about the ship and the weather conditions)*
Module 3 *Distinguishing what my internal experience says and what I am (the compass: where do I want to go)*
Module 4 *Accepting experience(navigating in diverse conditions)*
Module 5 *Recap*

PART 2

Module 6 Maintaining the training and teaching to sail

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The main objective of the first module is to present the basic elements of mindfulness in a practical way. The professionals are introduced to the basic elements of mindfulness, the concept of the "autopilot mode" and how it affects most of the people, and the concept of noticing "jerk of the mind" (when the mind doesn't pay attention to changes of internal and external contexts), among others.

The second module, on one hand, approaches augmenting the perceptive abilities in terms of internal events, external events and bodily sensations with the objective of becoming more conscious of one's own necessities and the conditions taking place at the moment. Developing these skills will help to differentiate the tension level and other sensations taking place in the participant's mind and body. Finally, the participant will learn more about the experiences that are under her control and those that are not and, consequently, attempting to control them will generate more problems than solutions.

The purpose of the third module is to deal with the changes in the perspective of "I" (oneself), through several different exercises, precise instructions on how to take perspective and become a spectator watching the development of internal events. This way, the participant will learn to differentiate between who he is and his thoughts and feelings (dissociation).

In the fourth module, the focus is placed on emotional management, not understood as control or opposition to the emotions, but as acceptance of unpleasant internal experiences (thoughts, feelings, and sensations) and taking control of the actions to be taken towards the desired course. This training is performed gradually, starting with neutral emotions and thoughts, and moving on to a more general practice with those internal experiences with more emotional charge and that might require more effort.

The fifth module is a recap of the first part of the course. It offers an overview of what was learned in the modules 1-4 and proposes exercises to commit to regular practice after the training ends.

The sixth module prepares the participants to apply tailor-made mindfulness and ACT based techniques in professional practice, with the following objectives:

a) Becoming a more present and client-focused professional.

b) Getting to know even better the different adverse weather conditions that emerge in professional situations and practicing how to keep the valued direction in these moments.

c) Working towards understanding how your clients sail through life and how they interact with their adverse weather conditions.

d) Training how to adjust your navigation when facing any client (different ways of interacting) and be able to help them face their distress in a way that does not take them apart from what matters to them.

In order to get to know more about Be Mindful&ACT training program or enroll in the training course, please contact our experts:

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Co-funded by the Erasmus+ Programme of the European Union

DISSEMINATION EVENTS

This fall, the partners organized 8 dissemination events in Valladolid (Spain), Gothenburg (Sweden) and Maribor (Slovenia), attended by more than 230 persons, mostly professionals of local health and social services.

The experts in Slovenia, Sweden and Spain delivered masterclasses in mindfulness applied to professionals working in the mental health sector. During the event, the Be Mindful &ACT training program was presented. The experts introduced the principles of mindfulness and acceptance and commitment therapy to the participants. The sessions were enriched with mindfulness practices and practical exercises to learn the basic processes of acceptance and commitment therapy.

The partners in the three countries celebrated final conferences during which the project was presented to local policymakers, university staff, and professionals working in the health and social services sector. The speakers introduced the context of the project, its objective, and the main milestones of the process of project development and implementation. Special emphasis was put on the main output of the project, the Be Mindful&ACT training program, which was presented and discussed in detail.

Additionally, the partners in Spain and in Slovenia delivered training demonstrations of the Be Mindful&ACT training program to those organizations interested in implementing the training course internally with their professionals, following the experience of the pilot implemented in INTRAS Foundation (Spain) and OZARA d.o.o. (Slovenia).

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