Due to the popularity and excellent feedback from the Mindfulness course held last February 21, 2015, we will be holding another Mindfulness course later this year.

Mindfulness-based approaches have generated a great deal of clinical and research interest in recent years. Mindfulness is a generic skill involving training attention and attitude. It has a wide range of solutions to improving immunity, neuroplasticity, epigenetics, and enhanced clinical performance. This interactive workshop will explore the principles and application of mindfulness based practices for personal and professional use.

The Mindfulness course aims to increase awareness of the importance of stress and mental health problems and their effects on wellbeing, performance and leadership. It will also increase knowledge of the indications for and role of mindfulness in managing mental and physical illness.

Learning Outcomes:
1. To increase knowledge of the indications for and role of mindfulness in managing mental and physical illness;
2. To increase skills in the cognitive and practical aspects of mindfulness meditation and mindfulness-based stress management;
3. To apply mindfulness to personal and professional life for the enhancement of wellbeing;
4. To apply mindfulness to personal and professional life for the enhancement of leadership; and
5. To apply mindfulness to personal and professional life for the enhancement of performance.

Course Facilitator
Dr Craig Hassed, MBBS, FRACGP

Dr Craig Hassed is a General Practitioner and Senior Lecturer in the Monash University Department of General Practice.

Craig has been teaching at both undergraduate and post-graduate levels since 1989. He has been instrumental in introducing a variety of innovations into medical education and practice with an emphasis on the application of holistic, integrative and mind-body medicine in medical practice.

Craig’s work has a particular focus on incorporating mindfulness-based strategies into health, professional and educational environments. Craig has also published 7 books including Know Thyself, The Essence of Health, General Practice: the integrative approach, Mindfulness for Life, and Mindful Learning.

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