



CITY UNIVERSITY  
LONDON



THE AUTISM RESEARCH GROUP

The Centre for Psychological Wellbeing & Neuroscience  
cordially invites you to a *free* Community Exchange Event on

## Mindfulness and Mental Health

Friday 12<sup>th</sup> June 2015

This first event will focus on **Mindfulness, its real-life benefits and cutting-edge research on weight loss, autism, mental health, neurological conditions, and employment.** Researchers, commissioners, clients, and staff will share their experience of Mindfulness and other evidence-based interventions in improving wellbeing. Experts in the field will be available for Q&A and consultation around the application of research on mental health practice. The Centre for Psychological Wellbeing & Neuroscience welcomes discussion around potential partnership working.

### Speakers:

**Jamie Bristow, Director of the Mindfulness Initiative.** The Mindfulness Initiative has been influencing and training the Mindfulness All-Party Parliamentary Group through the *Mindfulness Nation UK* project.

**Dr. David Cox, Medical Director of Headspace.** Headspace is a popular global digital health platform which provides courses of guided mindful meditation, via your smartphone or computer.

**Dr. Rhiannon England, GP Clinical Lead in Mental Health, City and Hackney Clinical Commissioning Group (CCG).** Dr. England commissions innovative services to tackle physical health issues in mental health settings.

**Dr. Bettina Forster, Dr. Katy Tapper, Dr. Sebastian Gaigg, Dr. Angeliki Bogosian,** all City University London will explore the brain basis of mindfulness; the role of mindfulness in weight loss and the promotion of healthy lifestyles; why mindfulness training may help improve anxiety in people with Autism; and the role of mindfulness for neurological conditions such as multiple sclerosis and Parkinson's Disease.

**Hana Villar, MSc, Clinical Director at City and Hackney Mind.** Hana will discuss the application of Mindfulness to schizophrenia, personality disorder, depression, anxiety and working populations. **Bonny Turner and Sheila Roy** will share their experience of the 8-week Mindfulness training course at City and Hackney Mind. **Gwen Williams** will lead us in a brief mindfulness exercise.

**Dr. Corinna Haenschel, Programme Director of MSc in Clinical, Social and Cognitive Neuroscience, City University.** Dr. Haenschel is interested in improving the quality of life of people with schizophrenia by identifying and treating underlying working memory problems. **A Recovery Champion at Mind's Recovery College** will share his experience and reasons for participating in her EEG research.

**Dr. Paul Flaxman, Programme Director of MSc in Occupational Psychology, City University.** Dr. Flaxman studies effects of Mindfulness and Acceptance and Commitment Therapy (ACT) on workplace wellbeing and performance.

**Date:** Friday 12th June 2015; **Time:** 9.30am - 4.30pm

**Venue:** College Building, St John Street, London, EC1V 4PB

Register: <https://www.city.ac.uk/events/2015/june/launch-of-centre-for-psychological-wellbeing-and-neuroscience>

The Centre for Psychological Wellbeing & Neuroscience intends to support transformation of local community mental health services through active partnerships and community exchange events.

