

## Monthly Forum 2012

# January 18th

Wed. 1pm - 2.30pm

Conference Room, 5 Cooke Terrace, Wayville

# Mindfulness and Recovery

**Ben Swift**

**MIFSA Education and Therapeutic Groups**

Ben has been working with mindfulness in a variety of contexts for more than a decade. His role at MIFSA has brought an opportunity to explore how this skill can play an important role in people's recovery from psychological and emotional crises. During this time mindfulness has become more widely known throughout the mental health sector as mindfulness based psychological therapies such as Acceptance and Commitment Therapy (ACT), Dialectical Behavioural Therapy (DBT) and Mindfulness Based Cognitive Behavioural Therapy (MB-CBT) have gained in popularity.

In this talk, Ben will explore the elements of mindfulness and how it supports the process of recovery, growth and development. Ben will also examine some of the implications of this approach for the way services are delivered within the mental health field and what opportunities for workers to enhance their practice flow from this understanding.

**Forums are open to the public - Everyone welcome!**

**4th Wednesday of each month: 1pm – 2.30pm**

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