

# Mindfulness: Why Attention Matters

## Mindfulness: Why Attention Matters

Presented by Craig Hassed | Friday 10 April 2015

This workshop will explore the science, practice and philosophy of mindfulness with a particular focus on child health and development, education and practitioner performance and wellbeing. The first half will be an interactive presentation on the background, evidence and principles of mindfulness and the second half will explore the application of mindfulness based practices for personal and professional use. A series of mindfulness exercises will be practiced, and the principles of mindfulness-based therapies will be explored. There will be plenty of time for questions and discussion.

### The objectives of this seminar are to:

- To understand the effect of stress on health, performance, learning and development
- To understand the role of mindfulness in managing stress and improving health
- To understand the role of mindfulness in education and child development
- To be able to practice mindfulness meditation
- To be able to apply mindfulness-based cognitive strategies in personal and professional life

### Suitable Audience:

- Carers & workers from foster, residential, permanent, adoptive & kinship care
- Family service workers • Child protection workers • Case managers
- Mental health professionals • Student welfare / wellbeing professionals
- Teachers / teacher's aide • Therapists • Counsellors • Psychologists
- Social workers • Youth Justice

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Dr Craig Hassed is a General Practitioner and Senior Lecturer at the Monash University Department of General Practice. His teaching, research and clinical interests include mindfulness-based stress management, mindbody medicine, meditation, health promotion, integrative medicine and medical ethics. Craig is regularly invited to speak and run courses in Australia and overseas in health, professional and educational contexts. He was the founding president of the Australian Teachers of Meditation Association and is a regular media commentator. He writes regularly for medical journals and has published seven books; "New Frontiers in Medicine" (Volumes 1 and 2), "Know Thyself" on mindfulness-based stress management, "The Essence of Health" on the lifestyle approach to health and chronic illness, a textbook co authored with Kerryn Phelps, "General Practice: the integrative approach", a book written with Stephen McKenzie, "Mindfulness for Life" and most recently a book written with Richard Chambers, "Mindful Learning" on the role of mindfulness in education. Craig's next book on Epigenetics is due for release in mid-2014.



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**Friday 10 April 2015**

**9.30am**  
Registration

**10.00am - 1.00pm**  
Seminar

**LOCATION**  
Treacy Centre  
126 The Avenue  
Parkville VIC 3052

**COST**  
Workers: \$100+GST  
Carers / Full-time Students: \$85+GST  
Refreshments, morning tea & notes provided

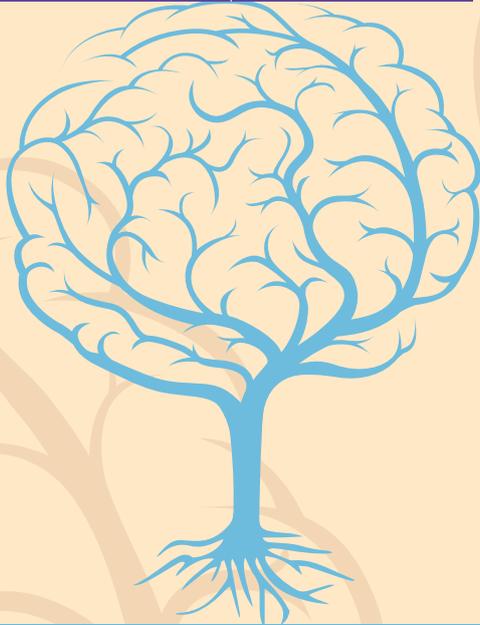
**PAYMENT OPTIONS**

- Cheques/Money Orders made payable to "Australian Childhood Trauma Group"
- Electronic direct deposit to: "Australian Childhood Trauma Group" BSB: 083 218 Account: 519 963 647
- Credit Card / EFTPOS available on the day

**Please provide remittance**

**RSVP**  
By Wednesday 1 April 2015. Please register via our website (preferred) or complete registration form and post/fax.  
Cancellations must be received no later than 5pm, Wednesday 1 April 2015.

**Places are limited so please register early to avoid missing out**



**Buy 5 tickets and get your 6th ticket FREE\*.**  
Buy 10 tickets and get your 11th, 12th & 13th tickets FREE\*

\* This offer is only redeemable by contacting ACT Group office on (03) 9415 6066 & tickets must be purchased on the same occasion in one transaction. See website for full terms and conditions



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## Complete this form for manual registration

Agency:

Program:

Contact Person:

Contact Number:

Email:

Mailing Address:

Name & Email Address of Each Participant:

PARTICIPANT NAME	EMAIL ADDRESS	CARER / WORKER

- Participants will receive a letter of confirmation via email
- Please advise of any special requirements e.g dietary
- Receipts can be provided upon request

**Seminar Enquiries and Registrations to:**

[info@theactgroup.com.au](mailto:info@theactgroup.com.au)

PO Box 236, Fitzroy 3065  
t 9415 6066 f 9415 6085

[www.theactgroup.com.au](http://www.theactgroup.com.au)



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