

CPD EVENT RECORD

MINDFULNESS IN PRACTICE

with Hannah Ellicock

Recording:
Learning
by Oneself

This discussion examined the role of mindfulness as part of physical therapy, although the need for appropriate training was emphasised. Different types of mindfulness were explained and methods to ensure that teachers were properly qualified were made clear. Mechanisms for either incorporating mindfulness into standard appointments or referring to specialists were discussed, and the importance of ensuring that it was included added to the clinician's professional liability insurance policy made clear. Situations where mindfulness would not be appropriate were outlined. Resources for learning about, or training in, mindfulness were shared.

Note: There are no NICE Guidelines for the role of mindfulness in treating chronic pain, but the NICE committee accepted that there was likely to be some benefit and recommended further research. This aspect was not covered in the broadcast itself.

Chiropractic Code 2016		Certification This certificate confirms that participated in this CPD event  S L BRUCE, APM Director <div> 45 minutes </div> Learning by Oneself Recorded
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Evaluation, Reflection and Impact on Practice (this part of the certificate is **not** automatically generated - it has been entered by the participant)