

# Mindfulness Centre of Excellence



**Dr. Tamara Russell, MSc, PhD, D. Clin. Psych.**

As a clinical psychologist, martial artist and neuroscientist, Tamara brings a unique, multiple perspective to her mindfulness teaching, therapy, and research. Her particular interest is in the embodiment of mindfulness and how to train individuals to embed mindfulness in their personal and professional life.

Tamara's work cuts across disciplines and sectors, bringing innovative, practical, body-based mindfulness training to individuals of all ages and abilities. Tamara works as a mindfulness consultant and trainer in a variety of settings include education and health worldwide.

Tamara is the Director of the Mindfulness Centre of Excellence, London. This organization is dedicated to innovation and thought leadership in the field of mindfulness with a particular focus on mindfulness teaching methods, creativity and supporting healthcare workers. She is a visiting Lecturer in the Neuroimaging Department at King's College London, lecturing on the clinical and neuroscientific aspects of mindfulness to students across a range of post graduate courses and conducting exploratory, blue skies research.



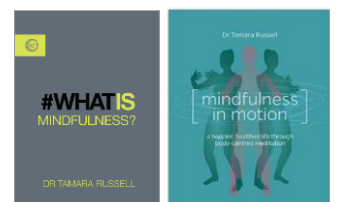
In 2011, Tamara was part of a dialogue with His Holiness the Dalai Lama in Sao Paulo, Brazil, discussing the importance of self-care for those who care for others. This meeting has continued to inspire her in this work. It is vital that health care workers prioritize their own well-being so that they can be fully (emotionally and technically) of service to their patients.

Tamara is the author of "*Mindfulness in Motion*" (Watkins, 2015) and "*#whatismindfulness*" (Watkins, 2017) as well as numerous academic articles exploring emotional intelligence, mindfulness, and mental health. Full publication list available on request.

More information can be found at:

[www.dr tamara russell.com](http://www.dr tamara russell.com)

[www.mindfulnesscentreofexcellence.com](http://www.mindfulnesscentreofexcellence.com)



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## Previous Commissions

Tamara is a clinical psychologist and mindfulness trainer who has been at the forefront of the development of adapted mindfulness trainings for medical and health professionals. Some recent projects include the following:

- regular speaker at Pulse (Cogora) events. Sharing applied mindfulness tools (e.g. The Transitional Pause) with GPs, Practice Managers and Health Visitors.
- consulting on the South London and Maudsley NHS Trust Happy@Work program - offering mindfulness training for healthcare staff across the Trust to support well-being.
- workshops for GPs at the Londonwide Local Medical Committees Annual Conference on Resilience (Mindful Listening).
- commissioned by Clinical Commissioning Groups Londonwide to deliver mindfulness training workshops for GPs in Southwark and Lambeth.
- teaching GP Trainees on the King's rotation about mindfulness, its clinical applications and relevance to their own management of stress and the pressure of the work.
- research in collaboration with King's College London and The Royal College of GPs exploring low-dose mindfulness and coaching for GPs (showing significant changes in mindfulness, self-compassion and perceived stress following the training).
- a workshop at the Royal College of General Practitioners "Time to Think" event in 2013.
- Delivering lectures and keynotes on mindfulness and related topics at various annual and special interest groups for the Royal College of Psychiatrists.
- teaching MRC Psychiatry trainees within South London and Maudsley NHS Trust (2010 to present).
- development and delivery of an innovative mindfulness and resilience (elective) training SSC for Year 3 and Year 4 medical students at Kings College London (co facilitated with a former GP – 2015 – present).
- training for General Practitioners in reflective practice via the Practitioner Health Program (supported by the Royal College of GPs).
- training for primary health care physicians in mindfulness as a route to enable self-care in long term health conditions.
- Speaker mindfulness at King's College London and Imperial College Psychiatry Society.
- regular speaker to students, registrars and staff at the Institute of Psychiatry (IpQ), Hospital Das Clinicas, University of Sao Paulo.

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## **Training in the General Practice Setting**

Tamara regularly leads half and whole-day training for multi-disciplinary teams to NHS Trusts across the UK and healthcare providers worldwide. Some sample workshops are provided below.

**Mindful Listening Workshop** – In this workshop, the neurocognitive model of a mindful moment is used to demonstrate the power of mindful listening. Developing skills in the art of listening takes practice and there is much in the modern healthcare environment that prevents the type of deep listening and relationship building that IS part of the treatment. Learning how to switch your brain between deep listening and technical expertise is a key skill for any healthcare worker. This workshop will show you how to do this most efficiently.

**Transitional Pause Workshop** – In this workshop, participants learn the basics of the transitional pause. This practice can be done formally (in a quiet moment or before and important meeting or conversation), as a team (before meetings, or referrals) or as an applied practice (between patients/calls/managing difficult situations). It provides a way to develop emotional intelligence, ground in the present moment and move forwards with clarity and awareness.

**Decision Making Tools** - Mindful motivational interviewing is a key decision making tool helpful for both staff and patients. This workshop has been used to help practices determine strategy and explore at a deeper level the thinking (and feeling) that underpins key strategic decisions in the business. It can also be used in an applied way with patients, and is especially helpful when working with medically unexplained symptoms, those with chronic conditions and with severe and enduring mental health conditions.

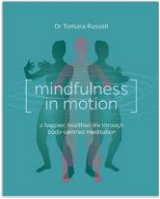
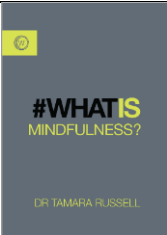


**Self-Management** – With a focus on how health care staff manage their own well-being as a starting point, this workshop explores the barriers to self-care that we all face (but which are particularly large for those who work in healthcare). Exploring the latest data on how to foster self-care and supporting teams to develop their own in-house processes so that every staff member brings their best self to work.

**Caring for Self (to be available for others)** – this workshop supports practice staff to develop their own self-care. People work best and can offer more if they are feeling safe, happy, refreshed and calm. This workshop helps teams to individually and as a group, determine how they will care for each other in the challenging and often relentless health care environment.

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## Remembering to be Mindful

Tamara's workshops include stickers, screen-savers, and worksheets to take-away. This ensures that participants receive a visual prompt to help them apply the learning from the workshop. Mugs and stickers are a great way to keep the learning live in the practice in a fun and engaging way.

	<p>A program to work through with top tips for mindful movement. Great for health professionals or those with no time to stop.</p>	<p>£10 (author discount applied – regular prices £12.99)</p>	
	<p>An Introductory Read Contains the neurocognitive model of mindfulness. Great for those who like the science underneath the practices to be explained to them.</p>	<p>£5 (author discount applied – regular price £7.99)</p>	
	<p>Stickers Sheet of 24 stickers Note that each participant gets 2 stickers as part of the workshop Extra Sheets available to order</p>	<p>1 sheet of 24 stickers £6</p>	
	<p>Mugs (£7 each including delivery to your site) (minimum order 10)</p>	<p>10 * £7</p>	