



Teaching Mindfulness-Based Groups - the 'Inside Out' way

TRISH BARTLEY & GEMMA GRIFFITH

Trish Bartley is extensively involved in training mindfulness-based teachers to understand and support the potential of the group to benefit their participants. She has taught mindfulness to people with cancer since 2001, and developed the MBCT protocol for this group, supported by John Teasdale and Mark Williams. She teaches MBCT in groups and 1to1 to those with advanced illness. Trish is a member of the core training team at CMRP. She offers retreats and mindfulness-based training workshops in the UK, Europe and South Africa.



Gemma Griffith, PhD, is a psychologist and Director of the Centre for M, PhD, is a psychologist and the Director of CMRP Postgraduate Programmes. She has published numerous journal articles using both qualitative and quantitative research methodologies in the field of learning disabilities and autism. She trained to be a mindfulness teacher with the CMRP and gained the Certificate of Competence in Teaching Mindfulness Based Courses in 2015. She teaches MBSR courses to the general public population. Her current research interests include the role of groups in MBPs, qualitative research, mindful parenting, and the adaptation of mindfulness-based interventions for people with learning disabilities who have difficulties with anger management, and mindfulness interventions for care staff.



“Teaching Mindfulness-Based Groups – the ‘Inside Out’ way”

This workshop will offer participants the opportunity to explore the rich opportunities offered by the group within mindfulness-based programmes (MBPs). The workshop will be framed by a new teaching approach, that of the ‘Inside Out’ model.

Many of us come to mindfulness-based teaching from a background in one to one work. When this is translated into a MBP, the significant potential of the group to normalise shared patterns of vulnerability can be lost. In this workshop, we offer ways of working with the ‘group’ as an entity in its own right.

The workshop will be delivered through a rich and varied process that will include:

- A conference debut of the ‘Inside Out model’ (at time of writing – this is in preparation for journal publication)
- Experiential learning that will develop and enhance skills that MBP teachers can bring to their work of teaching mindfulness-based groups
- An overview of current literature relating to MBP group process.

Pre-conference workshop
International Conference on Mindfulness (ICM) 2018
Tuesday, 10th July 2018
Amsterdam, the Netherlands

This workshop will offer the following learning objectives to mindfulness-based teachers working in group formats:

- Why the 'inside out' embodiment of the teacher is central to the practice of the mindfulness-based teacher
- Learning and understanding in relation to what groups need to form and develop
- An appreciation of some of the vulnerabilities that participants bring into the group and what these are influenced by
- How as teachers we can safely and kindly hold the learning container of the group