

Trainer: Sue Bailey BSc DipApPsych, MSc BAMBA

Sue is a Psychologist and registered Mindfulness teacher with **BAMBA** (British Association of Mindfulness Based Approaches). She is passionate about Mindfulness, with its practical benefits and empirical backing in scientific research. Most importantly she is sold upon how much it helps her in her own life!

She trained to deliver various Mindfulness programmes through the **Centre of Mindfulness Research Centre (CMRC : Bangor University)** and **Oxford Mindfulness Centre (Oxford University)**. She is part of **The Mindfulness Network** and regularly receives supervision, and attends meditation groups and retreats to support her practice and teaching, in line with the Good Practice guidelines. She is registered with BAMBA under BeStill UK.

Sue has worked as Psychologist both in a clinical setting and also an Occupational Psychologist in the workplace with published research. Since 2011 Sue has worked with mental health charities across Surrey, supporting individuals with mental health issues.

Currently Sue is the Mindfulness lead at Woking Mind, supporting those struggling with anxiety, depression, work-based stress or general life issues. She offers introductory sessions to Mindfulness; 8-week specialist Mindfulness courses and regular mindfulness drop-in sessions for those just wanting to give it a go or after a course to keep their practice alive. Privately she runs follow on courses and day retreats for those who wish to deepen their practice further.

Sue teaches (both online and in-person):

- **Mindfulness-Based Stress Reduction (MBSR):** course developed in Massachusetts, U.S.A. by Dr Jon Kabat-Zinn
- **Mindfulness Base Cognitive Therapy (MBCT)** (Segal, Williams, Teasdale): an adaptation of the MBSR now included in the guidelines of the National Institute for Clinical Excellence (NICE) for the treatment of recurrent depression.
- **Finding Peace in the Frantic World** (Mark Williams and Danny Penman): a shorter adaptation of MBCT for normal populations. It has been found to be effective with adults in workplaces, University students and schoolteachers. Currently Oxford are training parliamentarians on this course.

Sue can also teach **MBCT-L** and ***Taking it Further*** courses, for those wanting to explore their practice further after completion of an 8-week course