



BON SECOURS HOSPITAL

Bon Secours Hospital Cork and
The Catherine McAuley School of Nursing & Midwifery,
University College Cork

jointly present:

BUILDING RESILIENCE

through
Mindfulness

Mindfulness helps to focus our attention, to observe our thoughts and feelings without judgment allowing the individual to have greater resilience and increasing life satisfaction.

VENUE: **WESTERN GATEWAY WGB GO5**, UNIVERSITY COLLEGE CORK

SATURDAY **7** SEPT. 2019

Book Your Place

Places are limited, to secure your name please email
mindfulnessconference@bonsecours.ie on or before **14th August 2019**

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Jointly organised by:



BON SECOURS HOSPITAL

SATURDAY **7** SEPT. 2019

VENUE: **WESTERN GATEWAY WGB GO5**, UNIVERSITY COLLEGE CORK

08:00 – 09:00	Registration
09:00 – 09:05	Morning Conference Chairperson: Mr Harry Canning , Hospital Manager, Bon Secours Hospital Cork
GUEST SPEAKERS: Session 1	
09:05 – 09:15	Opening Address: Mr Harry Canning , Hospital Manager, Bon Secours Hospital Cork
09:15 – 10:00	Br Richard Hendrick , Capuchin Franciscan Order, Ards Friary & Retreat Centre Donegal, formerly Head of Chaplaincy in UCC From Purpose to Meaning: The Mindful Way to Wisdom and Resilience
10:00 – 10:45	Ms Ber Mulcahy & Dr Mary Forde , Bon Secours Hospital, Cork Building Resilience While Creating Contagious Calm Through Our Careful Model of Nursing
10:45 – 11:00	Panel Discussion / Q & A
11:00 – 11:30	Coffee
GUEST SPEAKERS: Session 2	
11:30 – 12:30	Mr Michael Chaskalson , Oxford University, CEO of Mindfulness Works Mindfulness for Resilience at Work
12:30 – 12:45	Panel Discussion / Q & A
12:45 – 13:45	Lunch & Musical Recital
13:45 – 13:50	Afternoon Conference Chairperson: Professor Josephine Hegarty , Head of School of Nursing and Midwifery, UCC.
13:50 – 14:50	Dr Harry Barry , GP, Author, Masters CBT Self Compassion Begins with Self Care
14:50 – 15:20	Ms Anne Kirwan , CEO Ashe House, Sensorimotor Psychotherapist No Time Like The Present: Developing Resources and Resilience Through the Lens of Mindfulness
15:20 – 15:50	Dr Rodger Graham , Consultant Clinical Psychologist A MINDFUL method: seven ways to enter the present moment.
15:50 – 16:10	Panel Discussion / Q & A
16:10 – 16:15	Closing Address: Ms Ber Mulcahy , Director of Nursing, Bon Secours Hospital, Cork

JIGSAW
Young people's
health in mind

JIGSAW ARE THE NOMINATED CHARITY FOR THIS EVENT.

We are Jigsaw, The National Centre for Youth Mental Health. Our vision is an Ireland where every young person's mental health is valued and supported. We are there to ensure that no young person feels alone, isolated or disconnected from others around them. We provide vital supports to young people with their mental health by working closely with communities across Ireland. To find out more please visit www.jigsaw.ie



BR RICHARD HENDRICK

*Capuchin
Franciscan Order*

Br Richard is a priest-friar of the Irish branch of the Capuchin Franciscan Order. For over 20 years he has worked to bring the insights of the Christian Contemplative tradition to greater public awareness, particularly with reference to modern Mindfulness theory.

He holds honours degrees in Philosophy, Theology and English Literature and also has post-grad qualifications in Pastoral and Holistic studies and Franciscan spirituality and Formation.

Br Richard served as director of Youth Ministry for the Irish Capuchins for over ten years and has worked extensively at both secondary and third level as a retreat giver and chaplain. He is one of the core Shekinah Youth Retreat Ministry Training Program developers. He has also worked in hospital and prison relief chaplaincy roles and in parish work.

With the Sanctuary Spirituality Centre in Dublin he has created many of the youth and teacher training programs offered there including:

- Art of Stillness in the Classroom Teacher Training Programme
- Moment to Moment Training Programme for those working with Young People in an out of school setting.
- Sanctuary Wisdom Journey for Young People
- Sanctuary Mindful Warrior for Young People
- Sanctuary Mindful Warrior Facilitator Training

All of the above combine Mindfulness theory and practice with techniques and teaching drawn from the World's great Wisdom Traditions.

Br Richard is also one of the key Sanctuary facilitators for the program based on the Christian Contemplative tradition in which he offers the following programmes:

- Entering the Cave of the Heart
- Breathing into Love
- Walking with the Mystics



MS BER MULCAHY

Director of Nursing

Ber Mulcahy is currently the Director of Nursing in Bon Secours Hospital Cork and has worked there for 30 years in a number of Nursing / Leadership roles as Nurse Tutor, Human Resource Manager and is now also a member of the Hospital Management Team.

Ber has a particular interest in the area of staff development and learning. For many years Ber lectured in UCC in the area of HR management where she used as her motto "People are our greatest asset, they appreciate with investment".

Having completed a HDip in Coaching Psychology and an MSc in Mindfulness Based Interventions Ber identified the potential and great need for the promotion of stress reduction in the work place, particularly in health care where employees often express and suffer the symptoms of compassion fatigue and burnout.

Ber believes Mindfulness has a lot to offer employees both for their personal and professional lives in the area of stress reduction and building resilience. In 2016 she initiated a Programme on the introduction of Mindfulness for staff. To date approximately 200 staff have completed the MBSR Programme (8-week Mindfulness Based Stress Reduction Programme). Mindfulness has also been integrated to a number of patient education areas e.g. Cardiac Rehabilitation.

Ber is currently studying for a Degree in Theology to complement the spiritual dimensions of Mindfulness.

While compassion is a core value of Bon Secours and the Irish Nursing profession, Ber believes that compassion needs to be clearly defined, understood, measured and tangible for both patients and staff.



DR MARY FORDE

*Nurse Education &
Practice Development
Manager*

Mary is currently part of the senior nurse management team where she has responsibility for Nurse Education and Practice Development. Having completed her general nurse training in the Bon Secours Hospital, Cork, she then trained as a midwife in the National Maternity Hospital, Dublin. Returning to the Bon Secours Hospital, Cork Mary gained extensive clinical experience spanning paediatrics, intensive care and general medicine and has held a number of Clinical Nurse Manager roles. Mary was awarded a BSc and MComm from University College Cork; and Higher Diploma in Quality and Safety in Health Care; Physiology and Child Psychology from the Royal College of Surgeons, Dublin.

In 2018 Mary was awarded a Doctorate of Nursing Degree from University College Cork. She has

published in peer reviewed journals and is a member of the International Honor Society of Nursing, Sigma Theta Tau.

In her role as Nurse Education & Practice Development Manager, Mary leads on developing and implementing practice changes, ensuring that nursing practice at the Bon Secours Hospital is evolving and adapting to meet the current changing healthcare needs. She is committed to quality improvement in patient care, and in particular, to promoting patient engagement through the introduction of bedside handover, and the careful nursing philosophy and practice model.

Mary believes that excellence and continuous development in healthcare is best achieved through the engagement and development of staff.



MR MICHAEL CHASKALSON

*CEO Mindfulness
Works*

Michael Chaskalson is a pioneer in the application of mindfulness to leadership and workplace contexts.

Professor of Practice adjunct at Hult Ashridge Executive Education, and an Associate at the Møller Institute at Churchill College in the University of Cambridge, he is CEO at Mindfulness Works Ltd. and the author of several books, papers and book chapters on mindfulness - in general and in organisations - as well as mindful leadership.

Along with colleagues at Hult, Michael designed and co-led the training on a world-first wait-list controlled trial of the effects of an eight-week Mindful Leader programme with senior business leaders. He co-leads a Masterclass on that theme for the Oxford Mindfulness Centre at Oxford University as well as Masterclasses on teaching mindfulness in the workplace.

He is the author of "The Mindful Workplace" (Wiley-Blackwell, 2011), the bestselling "Mindfulness in Eight Weeks" (Harper Thorsons, 2014) and co-author of "Mindfulness for Coaches" (Routledge 2018) and "Mind Time" (Harper Thorsons, 2018).

Based on his more than 40 years of personal practice of mindfulness, and his master's studies into its application in clinical contexts, Michael has delivered mindfulness training to leaders and other executives in organisations around the world. He has delivered programmes in some of the Big Four professional services firms, investment and retail banks, pharmaceutical, construction, manufacturing and technology companies, the UK Houses of Parliament, education institutions and the UK's National Health Service.

His website is mindfulnessworks.com



DR HARRY BARRY

GP & Author

Harry is an experienced medical doctor who, following a period of running a hospital in the Third World, has worked as a senior GP within the Irish Health System for over thirty-five years. He has a long-standing interest around mental health especially the management of anxiety, depression, toxic stress and prevention of suicide. He has developed a holistic approach with an emphasis on the combination of combining Neuroscience concepts, lifestyle changes and where necessary drug therapy, with the application of simple CBT approaches to effectively manage these conditions.

He is a Member of the Royal College of GPs in London; a Member of the Irish College of GPs and holds a Masters in CBT. He is interested in providing parents and adolescents especially, but all of us adults with skills to improve our mental health. He is passionate about emotional resilience and how developing skills in this area could transform our mental health all domains of life, including the workplace.

He retired from full time general practice in 2013 to focus solely on mental health. He now works on

a consultancy basis combining clinics, writing, media and public information lectures as well as assisting fellow GPs, nurses (including occupational health nurses), guidance counsellors, parents, teachers, sports clubs and therapists with lectures and workshops. He is the author of 8 books about mental health. His last 2 books *Anxiety and Panic* and *Emotional Resilience* were number one on the best seller list. His latest book *Self-Acceptance* was launched in May 2019 in London and Dublin.

He is a regular contributor to national press and media (both TV and radio) and is a regular contributor to the Sean O'Rourke show for almost five years. He served on the national board of Aware for over ten years. He is a member of the Advisory Board of the College of Psychiatry of Ireland. He is a member of an international group of experts (which includes for example Professor Catherine Harmer, Professor Cognitive Neuroscience Oxford), exploring how best to measure cognition in depression and who recently published their first journal article on the subject.

His website is drharrybarry.com



MS ANNE KIRWAN

CEO Ashe House

- Owner/Manager of Ashe House, Centre for MindBody Integration
- Certified Sensorimotor Psychotherapist (CSP) with the Sensorimotor Psychotherapy Institute, Boulder, Colorado
- Certified Mindfulness Meditation Teacher with Jack Kornfield and Tara Brach, awarded by The Awareness Training Institute with the Greater Good Science Center, Berkeley, University of California.
- Certified MBSR Teacher with the Institute for Mindfulness Approaches, Germany.
- Part-time lecturer in Stress Response in Dublin Business School

Anne trained as a General Nurse, specialising in the area of neuromedical/neurosurgical nursing, and then as a Midwife over 30 years ago.

With a concrete background and passionate interest in neuroscience, neurobiology and psychology, it was a natural progression to training in Sensorimotor Psychotherapy- a body centred psychotherapy grounded in somatic psychology and neuroscientific research.

Anne is qualified as an Advanced Practitioner (Certified Sensorimotor Psychotherapist) by the Sensorimotor Psychotherapy Institute (SPI), Boulder, Colorado, and is the sole Organiser and representative in Ireland for all adjunct Professional Trainings both in Traumatic Trauma and Developmental Trauma, offered by the Institute at Ashe House. Sensorimotor Psychotherapy® draws from somatic therapies, neuroscience, attachment theory, and cognitive approaches, as well as from the Hakomi Method, all underpinned by Mindfulness.

Anne began her personal meditation practice in 1981- since then she has trained in and regularly delivers the following programmes to the public at Ashe House, as well as in corporate and healthcare settings:

- Mindfulness Based Stress Reduction (MBSR),
- Mindful Self Compassion (MSC),
- Positive Neuroplasticity (PNT)
- Nationwide Introductory Presentation workshops in Trauma and the Body: A Sensorimotor Psychotherapy Approach



DR RODGER GRAHAM

Consultant Clinical Psychologist

Rodger is a Consultant Clinical Psychologist in Health Psychology and specialises in Diabetes, and Intensive Care. He works in the South Eastern Health & Social Care Trust, Northern Ireland. He trained at Queen's University Belfast, completing a BSc, PhD and Doctorate in Clinical Psychology between 1994 and 2003. Rodger has trained as a mindfulness teacher with the Centre for Mindfulness Research and Practice at Bangor

University, Wales. Since 2013 he has been delivering mindfulness-based therapies for patients and staff regularly. Rodger takes an integrative view of psychological care and seeks to incorporate approaches founded on mindfulness, on empathy, and the individual. Rodger has published peer-reviewed articles in a range of areas including health psychology, diabetes, preventive medicine, and music therapy.

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