



Be Mindful

AN INNOVATIVE MINDFULNESS BASED TRAINING PROGRAM FOR MENTAL HEALTH PROFESSIONALS

2016-2018

PARTNERS

- **Fundación INTRAS (Spain)**
- **OZARA storitveno in invalidsko podjetje d.o.o. (Slovenia)**
- **Centro de Psicología PsicACT (Spain)**
- **Institute IPSA (Slovenia)**
- **ACT Institutet Sweden AB (Sweden)**

CONTEXT

Mindfulness as a practice is thousands of years old in fact, but its techniques have been adapted by modern psychology in recent years. Ever since, its applicability to everyday life and especially its stress-combating effect have

become renowned worldwide. However, its application to professionals in the mental health field is something which has not been focused on to date, and we believe this practice to be a vital tool in tackling the most

common issues facing people working in this area as well as a way to accompany their patients' recovery.

OBJECTIVES

1. Provide mental health professionals with tools and skillset to accurately and effectively manage stressful situations in a mindful manner, with self-care and self-compassion.
2. Prepare mental health professionals for application of mindfulness techniques with patients with mental illness

ACTIONS

1. Develop a tailor made mindfulness training program for mental health professionals.
2. Create a sector specific mindfulness e-learning platform accessible to a wide array of professionals in the mental health field.
3. Pilot the training program with approximately 64 professionals of mental health field in Spain and Slovenia.



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