



NETWORK

Meeting Invitation

Connecting Mental Health Practitioners

mhpn
Mental Health Professionals' Network

Dear Felicity,

You are warmly invited to a meeting of the **Adelaide Hills MH Forum** Mental Health Professionals' Network.

Mindfulness

Wednesday, 21 February 2024

About the session:

Felicity Chapman will offer an experience-based presentation which will include the following:

1. * Potential benefits of mindfulness for clients
2. * Practical issues to consider and cautions
3. * Mindfulness in the context of meditation
4. * Informal mindfulness practices
5. * Formal mindfulness practices
6. * Applications for a wide variety of populations

Speaker information:

Felicity Chapman (she/her). Associate Diploma of Counselling, Bachelor of Social Work with Honours, Accredited Mental Health Social Worker. Felicity has been a counsellor for over 25 years and has experience with a variety of populations. She has a particular interest in people with a disability, new mothers, carers and advanced seniors as well as issues related to life transitions, grief, loss and trauma. Currently she is the senior clinician and program coordinator for Summit Health's CONNECTcare Your Story aged care counselling service. She also has a long history as a meditator and is a member of a Buddhist group in Adelaide. She has watched with interest the growing trend for mainstream psychology to use mindfulness-based interventions in the treatment of conditions such as stress, anxiety, trauma, depression and emotional dysregulation. She is a sessional lecturer at the University of Adelaide for their Graduate Counselling and Psychotherapy Program and in 2017 published 'Counselling and Psychotherapy with Older People in Care: A Support Guide' through Jessica Kingsley Publishers.

Meeting details:

Date: Wednesday, 21 February 2024

Time: 03:00 PM **ACDT** for 2 hours

Venue: Summit Health
85 Wellington Road
Mt Barker SA

