





## Trainer Workshop

The annual weekend Trainer Workshop took place in Killarney this year on the 29th & 30th September. The agenda included an Introduction to Mindfulness and Mindfulness Based Stress Reduction. The session was facilitated by Timothy Sweeney, BA Education UW Madison, Wi, USA. All agreed it was an excellent workshop.

Photographed below with Timothy Sweeney are, from left to right: Dr Pat Daly, Dr Joe Arthurs, Timothy Sweeney, Dr Adrian O'Gara, Dr Michael



## TRAINER RECRUITMENT

The Southern Region is currently recruiting new trainers. All queries to the Programme Administrator, Ita Kirwan, by email:

[swgptraining@ittralee.ie](mailto:swgptraining@ittralee.ie)

or mobile:

087 9054978

## Our new first years:

Our most recent recruits started the programme in July 2011. As part of their induction a walk was organised in Tomies Wood, Killarney, followed by a BBQ at Ballygarry House. This was a great opportunity for the group to meet up before the programme commenced.

In the photograph are some of the first years with some of the current trainees.



## Our first graduates – Where are they now?

**Dr Máire Cleary** – Courthouse Medical Centre, Listowel

**Dr Brendan Crowley** – Australia – short term post in A&E and will return to Cork

**Dr Clodagh Kenny** – Ross Medical Practice, Killarney, Co Kerry

**Dr Matt O'Mahony** – Galway

**Dr Andrew O'Regan** – Part time lecturer, Medical School, Limerick and Locum, Deenagh Medical Practice, Killarney

**Dr Audrey Russell** – a year out travelling and will return to Cork