

## Care for mental health of experts: Power to experts through mindfulness

Slovene Center for Suicide Research (UP Andrej Marušič Institute) developed the NARA Programme – Power to experts through mindfulness in cooperation with National Institute of Public Health and under the auspices of MOČ public health project, which is financed from Norwegian Financial Mechanism Programme 2009-2014 and aimed at improving services in the field of mental health.

**This programme was developed in order to support the experts who work with people in distress on a daily basis. Currently, more than 100 professional from the health, social and police sector are included in the NARA Programme. Through learning skills according to the concept of mindfulness, different professionals, who work with people in distress, can obtain new sources of power for quality work and helping others.**

### **The handbook for implementation of mindfulness exercises – new book *here and now***

One of the MOČ project deliverables was the new handbook, entitled *NARA Programme – Power to experts through mindfulness*. The authors are proff. dr. Vita Poštuvan and assist. MSc Alenka Tančič Grum. The two psychologists reveal experiential learning of the mindfulness principles. The authors, who personally and professionally practice the concept of mindfulness, gathered and adapted materials for the implementation of the programme in six weeks' course. The critics of the handbook are two professional from the field of public health, namely assist. prof. dr. Saška Roškar and assist. proff. dr. Gregor Žvelc. The handbook follows the structure of meetings and supplements the programme with exercises for practising mindfulness in everyday life. The excersises include listening to recordings, practising meditation, writing a journal, etc. The handbook should not be used without joining the programme. It is free of charge for the participants and is available [here](#).