

## The Core Team Behind “Weaving a New Story”



**Dr. Tamara Russell** is mindfulness consultant and trainer and the Director of the Mindfulness Centre of Excellence, London. Trained as a research and clinical scientist, she brings a wealth of academic knowledge and skills to her innovative mindfulness applications in the community. Her research explores creative methods of sharing and increasing mindfulness in the context of mental wealth/health, performance and creativity. Her work includes group training programs as well as in-depth one to one trainings and coaching. In her book **Mindfulness in Motion** (2015), Tamara shares her passion for mindfulness, neuroscience and martial arts practices and philosophy, to help individuals lead happier and healthier lives, whatever their starting point. Her forthcoming book **#whatismindfulness** will be out in Spring 2017 and presents the underlying neurocognitive framework that supports all the innovations in mindfulness delivery. [www.drtaamararussell.com](http://www.drtaamararussell.com)



**Liz Finegold** is a psychological therapist, artist and mindfulness teacher with more than 14 years’ psychology experience in the NHS and third sector.

She has a breadth of postgraduate clinical training in various psychological frameworks and in delivering individual and group therapy, as well as self-management mental health courses through the Health Foundation. Her research at universities has contributed to studies published in academic journals.

Working under Dr Tamara Russell, she has gained more than four years of mindfulness personal practice and is currently teaching mindfulness and creativity workshops.

Liz has extensive training in a wide variety of the creative arts including painting, weaving, puppetry and creative writing. She is currently exhibiting her artwork at the Salome Gallery-South London and Maudsley NHS Foundation Trust. She founded the NorthWest London Knit Together group and was involved with charity projects in association with the BBC and Age Concern.

Based on her own lived experience, she strongly believes that challenging health conditions can empower people to have a sense of efficacy in their mental and physical health despite the challenges they may face. [www.facebook.com/lizfinegold.com](https://www.facebook.com/lizfinegold.com) @LizFinegold

We are working with two King’s College London Masters’ Students who are co-ordinating the research elements of this work.

The clinical aspects of the project are supervised by Dr. Jane Alderton.

Cocoon Family Support Trustee Rosie Lowman is supporting recruitment and rooms for the project.