

The Heartfulness Project Team



Dr. Tamara Russell is a clinical psychologist, 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 health sector, working with both staff and patients. Her work covers private and public organizations (including NHS, Arts Organizations, Finance and Creative Industries), and includes group training programs as well as more 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 new book **#whatismindfulness** will be out in 2017.

www.drtaamararussell.com

www.mindfulnesscentreofexcellence.com



Dr. Maya Campbell is a mindfulness trainer, psychologist and research scientist who came into contact with mindfulness based approaches to health after having experienced major mental and physical health issues over a number of years. Having trained initially as a research scientist in chemistry and physics and having worked as a post doc at Oxford university, in the years following a major heart attack in 2009, she went back to study and completed a Masters in psychology. Upon finding out personally how mindfulness practice assisted in coping with ongoing health issues, Maya decided to train to teach mindfulness based approaches in order to offer these skills to others. She did teacher training courses at Oxford Mindfulness Centre and Bangor Mindfulness Centre for Research and Practice (in MBSR, MBCT protocols) as well teacher training in mindfulness based addiction recovery at the Breathing Space in London. In the past few years she has become interested in compassion focused work and has trained to teach mindful self-compassion with the San Diego Center for Mindfulness.

Maya has contributed to the All Party Parliamentary Group – Focus on Heart Failure which was published this year (2016). In her evidence she spoke about the need to address the psychological needs of heart failure patients and how there was a direct link between emotional wellbeing and progression of the disease.

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Research Team (KCL)

Tara Flynn is currently studying Mental Health Studies MSc, at King's College London, having graduated from the University of East Anglia in Psychology. Working at the Royal Surrey County Hospital, for a year and half as a nursing assistant, furthered her interest in psychoneuroimmunology. Tara's interest in psychoneuroimmunology, paired with her ward experience and passion of positive psychology, led her to incorporate meditation, mindfulness and yoga into her routine.

Ceri McCorry is currently studying Mental Health Studies MSc, at King's College London, having graduated from Newcastle University in Psychology. She completed a project which found trait mindfulness to be associated with decreased implicit negative processing, furthering her interest in the positive effect mindfulness can have on mental state. She has worked as a care assistant and as a support worker, and has practiced mindfulness for two years which helps decrease physical stress and focus her mind.