



Dr Patrizia Collard, Psychotherapist and Stress Management Consultant, BABCP, UKCP

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Mindfulness-Based Cognitive Therapy: Teacher Development – Part 1

19-23 July 2012

Trainer: Dr Patrizia Collard

This five-day intensive training workshop will facilitate the deepening of your personal mindfulness practice. The main focus will be on developing sound teaching skills in MBCT and skills in inquiry and dialogue. The course will be interactive and experiential to a large extent. You will need to demonstrate teaching skills in small groups and discuss your journals with one another. The course will also suit those who simply wish to deepen their experience and understanding of Mindfulness (however the same entrance criteria apply).

Participants will need to have proof of the following essential attendance criteria:

- Have attended an eight week course in MBCT/MBSR.
- Have professional training and experience in the context within which they plan to teach/integrate mindfulness.
- Have a real commitment to engage in this style of learning (non fixing, letting things evolve, suspending habitual ways of thinking, engaging into a process of 'being' and 'unfolding', working from the heart and with compassion).
- Have experience of daily mindfulness practice over at least one year and sufficient depth of personal experience of mindfulness practice to begin the development of competency in teaching. (Having practiced with cohorts or friends the various aspects of teaching required for delivering the eight-week course).
- Have in-depth personal experience of the main practices taught in mindfulness-based approaches (body scan, sitting practice and mindful movement practice - at least one of the following: walking, yoga, tai chi or qi gong).
- Have attended at least one week silent retreat and a few one or two day retreats where mindfulness or insight meditation were experienced.
- Have studied *Full Catastrophe Living* and *Mindfulness Based Cognitive Therapy for Depression* in depth.

- Participants must also submit a brief journal (2000 words maximum), one month prior to the start of the course, containing:
 1. a summary of your regular practice (including difficulties that came up and how you dealt with them)
 2. retreat experiences; dates and nature of retreat
 3. insights gained through reading the two main text books
 4. insights you gained when teaching the three main practices to cohorts/friends.

General Information

The workshop starts on Thursday 19 July at 11 am and finishes Monday 23 July at 5 pm. Thursday, Friday, Saturday and Sunday will finish at 6.30 pm.

Fee: £660

Early bird fee: £600 (if paid 2 calendar months prior to start of the course)

Venue: 45 Lowther Hill, London, SE23 1PZ

Nearest train station: Honor Oak Park. Buses: 122, 171, 185

The training venue is next to a private park which we shall use for walking meditation and breaks.

Accommodation: 2 rooms available at the same venue for £30/night on a first come, first served basis. Otherwise, participants are recommended to find 'bed and breakfast' or 'hotels' near SE23 in Honor Oak Park or Forest Hill.

Meals: The fee includes refreshments but not meals. There are many cafes nearby or you can bring a packed lunch.

Cancellations & Charges policy

If you cancel more than 14 days prior to your booked event, we will refund your fee minus a charge of 15% to cover our administration costs. We regret that cancellations 14 days or less before booked event cannot be refunded.

If you wish to change your booking after confirmation we will do our best to accommodate you if you notify us 14 days prior to your booked event and if there is space to do so. There will be an administration charge of £15 per change.

Should you want to change your booking to a new calendar year, a different fee may apply and the outstanding amount will have to be paid prior to attending the workshop.

To enrol on this workshop please complete the attached application form and return with payment, your journal and details of essential criteria for attendance, to Dr Patrizia Collard, 45 Lowther Hill, London, SE23 1PZ.

APPLICATION FORM

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Please note bookings can only be considered confirmed after we have received your application form and payment (or invoicing details including official purchase order and the relevant trust identification / provider code, where applicable). Please note that registration closes seven days prior to the event.

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Name:

Profession:

Address:

Telephone Number:

Email Address:

I enclose a cheque for the sum of £600
(Paid 2 calendar months prior to start of the course)

OR

I enclose a cheque for the sum of £660

Please make cheques payable to Dr Patrizia Collard and return the completed form to 45 Lowther Hill, London, SE23 1PZ. If you would prefer to pay by bank transfer, please call Dr Collard on 07941 544958.