

STRESSMINUS



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<http://www.stressminus.co.uk/>

Mindfulness Based Cognitive Therapy Course

“An invitation to move towards greater awareness and balance, adventure and presence in Your Life.”

This course teaches you mindfulness interventions (meditations, every-day mindfulness and mindful movement) and will introduce you to ways of identifying and dealing with difficult physical sensations, feelings, moods commonly associated with stress, anxiety, pain and depression. The experience of working in a group can enhance our own learning as we observe how fellow human beings grow and change.

The course will be run over four days, **24 & 25 September and 22 & 23 October 2011**. The venue is 45 Lowther Hill, London SE23 1PZ. Each day will begin at 10.30am and end at 5.30pm. Refreshments are provided and there are local cafes for lunch - or you may prefer to bring your own. The course fee is £520 which includes three meditation CDs, course hand-outs and two half-hour post-course tutorials by telephone or email.. To secure a place (only 10 places available) please complete the application form and return to Dr. Patrizia Collard at the above address .Attendance Certificates and Invoices can be provided. Participants are invited to arrange an interview with Dr. Collard prior to booking.

NOTE: This course is not recommended for people who have recently been bereaved or are presently suffering from clinical depression, psychosis or suicidal ideation.

Mindfulness:

Mindfulness can be defined as bringing attention to the present moment, intentionally and without judgement. Mindfulness-based Cognitive Therapy includes simple Breathing Meditations, Mindful Movement and Cognitive Skills to help participants become more aware of the now, including getting in touch with moment-to-moment changes in the mind and the body. In classes and by working with the CDs and hand-outs at home, course participants can learn the practice of Mindfulness Meditation.

The Trainer: Dr Patrizia Collard

Discovery of Mindfulness and Personal Mindfulness Practice:

Resident in Hong Kong and China for nine years until 2000; in-depth studies in Taoism, Buddhism, Energy work, Relaxation, Meditation, Yoga.
1990's started training in Mindfulness-based approaches (Jon Kabat-Zinn, Mark Williams, John Teasdale, Christina Feldman);

Mindfulness Advanced Teacher Development Course – Bangor/North Wales 2006.
Many week-long Mindfulness and Yoga retreats (London Insight Meditation, Gaya House, Shivananda Yoga School; Overtone Chanting with Jill Purce).

Mindfulness Training available:

- ❖ Mindfulness-based Therapy for individual clients (anxiety, depression, stress, pain management, addiction)
- ❖ Mindfulness Based Cognitive Therapy courses
- ❖ two day courses
- ❖ one-day courses (introduction and advanced)

Latest publications:

Sensory Awareness Mindfulness Training in Coaching: Accepting Life's Challenges published in *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, Springer, New York, 2008.

Counselling Psychology Quarterly

Teaching Mindfulness Based Cognitive Therapy (MBCT) to students: The effects of MBCT on the levels of Mindfulness and Subjective Well-Being

Patrizia Collard; Nadav Avny; Ilona Boniwell, School of Psychology, University of East London, London, UK

Online Publication Date: 01 December 2008.

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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.

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. However 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

Please complete and return the attached application form with course fee to enrol on the course.



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APPLICATION FORM

Mindfulness Based Cognitive Therapy Course ~
24 & 25 September and 22 & 23 October 2011 10.30 am – 5.30 pm

Venue: 45 Lowther Hill, London SE23 1PZ.

How to get there: Buses 171, 122, 185. Train stations: Honor Oak Park or Forest Hill.

Please wear comfortable clothes and bring with you a towel, slippers and an umbrella.

Course fee: £520 payable in advance to book a place. Fees are not refundable if a booking is cancelled less than two weeks before the course begins.

Please complete this form and return to Dr. Collard at the address above.

I enclose a cheque for the sum of **£520** payable to Dr P Collard

Name:

Profession:

Address:

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Telephone Number:

Email: