

STRESSMINUS



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Mindfulness-based Cognitive Therapy: Experiential Introduction

**An invitation to move towards greater awareness and balance,
adventure and presence in Your Life**

15-16 September & 13-14 October 2012

Trainer: Dr Patrizia Collard

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.

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.

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

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;
1990s 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)

Relevant publications

Collard, P. & McMahon, G. (2011). *Cognitive Behavioural Coaching in Practice*, CHAPTER: Mindfulness Based Cognitive Behavioural Coaching. London: Routledge.

Collard, P. & Walsh, J. (2008). Sensory Awareness Mindfulness Training in Coaching: Accepting Life's Challenges. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, Volume 26, Number 1, 30-37.

Collard, P., Avny, N. & Boniwell, I. (School of Psychology, University of East London) (2008). Teaching Mindfulness Based Cognitive Therapy (MBCT) to students: The effects of MBCT on the levels of Mindfulness and Subjective Well-Being. *Counselling Psychology Quarterly*, Volume 21, Issue 4, 323–336.

Other Information

Each day will begin at 10.30am and end at 5.30pm. The course fee includes three meditation CDs, course hand-outs and one half-hour post-course tutorial by telephone or email (to be arranged in person with Dr Collard at the end of the course and taken within two months). Attendance certificates and invoices can be provided. Participants are invited to arrange an interview with Dr Collard prior to booking.

Fee: £540

Early bird fee: £480 (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

Accommodation: 2 rooms available at the same venue on a first come, first served basis: £38 for one night or £30 per night for two or more nights.

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.

APPLICATION FORM

Mindfulness-based Cognitive Therapy: Experiential Introduction

15-16 September & 13-14 October 2012

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.

Name:

Profession:

Address:

Telephone Number:

Email Address:

I enclose a cheque for the sum of £480
(Paid 2 calendar months prior to start of the course)

OR

I enclose a cheque for the sum of £540

Please make cheques payable to Dr Patrizia Collard. If you would prefer to pay by bank transfer, please contact Dr Collard on 07941 544958.

Return address for the completed application form and payment: 45 Lowther Hill, London, SE23 1PZ.

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