



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

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Mindfulness-Based Cognitive Therapy: Experiential Introduction

4-5 February & 3-4 March 2012

Trainer: Dr Patrizia Collard

**"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, 4-5 February & 3-4 March 2012. 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;

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)

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.

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. Published in Counselling Psychology Quarterly, December 2008.

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 to Dr Patrizia Collard, 45 Lowther Hill, London, SE23 1PZ.

APPLICATION FORM

Mindfulness-Based Cognitive Therapy: Experiential Introduction

4-5 February & 3-4 March 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.

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Name:

Profession:

Address:

Telephone Number:

Email Address:

I enclose a cheque for the sum of £520

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 or text Dr Collard on 07941 544958.