

STRESSMINUS



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Mindfulness Teacher Development

Date: 10th – 14th September 2010

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:

- 1) Have attended an eight week course in MBCT/MBSR.
- 2) Have professional training and experience in the context within which they plan to teach/integrate mindfulness.
- 3) 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).
- 4) Have experience of daily mindfulness practice over at least one year. 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).
- 5) 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)).
- 6) Have attended at least one week silent retreat and a few one or two day retreats where mindfulness or insight meditation were experienced.

- 7) Have studied 'Full Catastrophe Living' and 'Mindfulness Based Cognitive Therapy for Depression' in depth.
- 8) Participants must also submit a brief journal as follows (2000 words maximum) by 9th August 2010.

Content:

- i) a summary of your regular practice (including difficulties that came up and how you dealt with them)
- ii) retreat experiences, dates, nature of retreat
- iii) insights gained through reading the two main text books
- iv) insights you gained when teaching the three main practices to cohorts/friends.

General Information:

Patrizia can offer simple accommodation (two rooms) to some who travel from far away.

Otherwise participants are recommended to find 'bed and breakfast' or 'hotels' near SE23 in 'Honor Oak Park' or 'Forest Hill'.

The workshop starts on Friday 10th September at 11 am and finishes Tuesday 14th September at 5 pm. Friday, Saturday, Sunday, Monday will finish at 6.30 pm.

The cost of the course will be £ 640,- including refreshments but not meals. There are many nice cafes nearby or you can bring a packed lunch. The training area is set next to a private park, which we shall use for walking meditation and breaks.

NOTE: 'Early bird' fee £580.00 applies to registrations received with full payment by 10th June 2010.

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



APPLICATION FORM

Mindfulness Teacher Development, 10th - 14th September 2010

Venue: 45 Lowther Hill, London SE23 1PZ

How to get there:

Nearest train station is Honor Oak Park; buses 171, 122, 185.

Course fee: £640 payable in advance. 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 £580 made payable to Dr Patrizia Collard (when paid before 10th June 2010)
- I enclose a cheque for the sum of £640 made payable to Dr Patrizia Collard (paid after 10th June 2010)
- I enclose proof of essential criteria for attendance
- I enclose brief journal (no more than 2000 words)

Name:

Address:

Profession:

Telephone Number:

Email:

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 for work-shops closes seven days prior to the event day.

Cancellations & charges policy

If you cancel more than 21 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 21 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 21 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.

