

# STRESSMINUS



## The 8-week Course MBCT/MBSR over two weekends

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

This eight part 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 and moods commonly associated with stress, anxiety, pain and depression. The experience of working in a group can enhance one's own learning as we observe how fellow human beings grow and change. Mindfulness-based Cognitive Therapy was originally developed with the aim of reducing relapse and recurrence for those who are vulnerable to episodes of depression. This empowering way of working has also gained empirical validation (NICE Guidelines).

The course will be running over two week-ends.

26th & 27th June and 17th & 18th July 2010

or

6th & 7th November and 4th and 5th December 2010

The venue is 45 Lowther Hill, SE23 1PZ, London. The cost is £ 480,- for two week-ends of mindfulness classes, three meditation CDs, course hand-outs and refreshments. Attendance Certificates and Invoices can be provided. Participants are invited to arrange an interview with Dr. Collard prior to booking. This course is not recommended for people who have recently been bereaved or are presently suffering from clinical depression.

### Mindfulness:

Mindfulness can be defined as bringing attention to the present moment, intentionally and without judgment. 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 eight weekly classes and by working with the CDs and hand-outs at home during the week, 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)
- 8-week MBCT/MBSR course
- 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.

'The Counsellor's Handbook' a practical A-Z guide to integrative counselling and psychotherapy, Nelson Thornes, 2008

### **Venue: 45 Lowther Hill, London SE23 1PZ Honor Oak Park**

Starting time / finish time 10.30 am – 5.30 pm. Please do not arrive before 10.00 am. There will be one hour lunch-break and you can bring lunch or find a nice Café in Honor Oak. How to get there: buses 171, 122, 185, nearest train station: Honor Oak Park.

Please wear comfortable clothes and bring towel, slippers and umbrella along.

Course fee: £480. Fees are not refundable if a booking is cancelled less than three weeks before the course begins. An administration fee of £ 40,- is charged for any changes or transferring dates.

Please send an e-mail to [workshopsstressminus@yahoo.co.uk](mailto:workshopsstressminus@yahoo.co.uk) to secure a place. Then complete this form and return to Dr. Collard at the address above.

## **APPLICATION FORM      The 8-week Course over two weekends**

☐ I enclose a cheque for the sum of £ 480,- (full course fee) made payable to Dr Collard.

Please mark the appropriate box:

☐ 26th & 27th June and 17th & 18th July 2010

**or**

☐ 6th & 7th November and 4th and 5th December 2010

Name:

Profession:

Address:

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.