



Mindfulness Based Therapy Course - April 2008

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

This eight week 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.

The course will be running for eight consecutive weeks starting on Wednesday evening April 30th until June 18th (7.15-9.45 pm). There will be one whole day practice on June 29th.

The venue is 45 Lowther Hill, SE23 1PZ, London. The cost is £ 300,- for 8 weeks of mindfulness classes, one meditation day (including lunch), three meditation CDs and course hand-outs. For securing a place (only 10 places available) kindly send a deposit of £ 150,- (cheque) to Dr. Patrizia Collard by the 7th of April. The full course fee is due by April 16th. I will acknowledge receipt of bookings and payments. Attendance Certificates can be provided.

The Trainer:

Dr. Patrizia C. Collard (Ph. D.)

Trainer for Mindfulness based Stress-Reduction (MBSR) and Mindfulness based Cognitive Therapy (MBCT) – groups and individuals

Mindfulness:

Mindfulness can be defined as bringing attention to the present moment, intentionally and without judgement. Mindfulness-based Therapy includes simple

Breathing Meditations and Yoga stretches 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 listening to recordings at home during the week, class participants learn the practice of Mindfulness Meditation.

Discovery of Mindfulness:

Resident in Hong Kong and China for nine years; studies in Taoism, Buddhism, Energy work, Meditation, Yoga.

1995 started training in Mindfulness-based approaches (Jon Kabat-Zinn, Mark Williams, John Teasdale, Christina Feldman); Mindfulness Advanced Teacher Development Course – Bangor/North Wales.

Personal Mindfulness Experiences and Practice:

Many week-long Mindfulness and Yoga retreats; one day retreats at London Insight Meditation; Overtone Chanting.

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 course**

Latest publication:

'Multimodal Stress Therapy' in 'Integration in Psychotherapy', Routledge 2006.

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

Booking:

How to get there: buses 171, 122, 185 nearest train station: Honor Oak Park
Please send bookings to Dr. Collard / address above and bring towel, slippers and umbrella along. Please wear comfortable clothes too.

Name:

Profession:

Telephone Number:

Email:

Address: