



Mindfulness Training

15th January 2010

London, Quantum House, Near Euston Station.

John Kabat Zinn, who developed the Mindfulness Based Stress Reduction (MBSR) programme over 20 years ago in the USA, defines mindfulness as “paying attention in a particular way: on purpose, in the present moment, and non-judgementally.”

This means bringing what is automatic and unnoticed in ourselves into our consciousness, so that we may observe and know what arises moment by moment in our thoughts, feelings and physical sensations.

This training will be an experiential day to find out about:

**Mindfulness Based Stress Reduction
&
Mindfulness Based Cognitive Therapy**

The day will:

- explore the background and theoretical basis of these approaches.
- give an opportunity to try out some of the practices of mindful meditation and movement.
- examine the way in which mindfulness has applications within individual psychological therapeutic work.



**This will be a small, intimate training day and numbers will be kept to a maximum of 16 participants
Early booking is recommended to avoid disappointment.**



Booking Form

Mindfulness: 15th January 2010 : Quantum House, London

FEES: £99 for Members £125 for Organisational Members £150 for Non-Members

Name _____ Role _____

Address _____

Daytime contact number _____

Please tick/complete as appropriate:

* I am a member of CPC/BASRT and my membership number is _____

* I am not a member of CPC or BASRT

Please select one of the following payment options:

1. I enclose a cheque for £ _____ made payable to CPC Ltd

2. I wish to pay by credit card/debit:

Switch Delta Solo Maestro JCB Visa Mastercard

Card No:

Start Date: / Expiry Date: /

Security Code Issue No: (Switch only)

Cardholder Name _____

3. Please send an invoice sent to the following address :

*Please return to: CPC, Queensway House, The Queensway, Bognor Regis, West Sussex, PO21 1QT
Tel: 01243 870701 Email: CPC@CPC-online.co.uk*

Booking Conditions: By making a booking you are making a contract. Any cancellation must be in writing and an administration charge may be made for cancellations. Two weeks prior to an event no refund will be given.

Please note that a minimum and maximum delegate limit applies to this event. CPC may cancel this event if there are not enough bookings to make the day viable. In this unlikely event CPC will refund all fees paid.