



SCHOOL OF PSYCHOTHERAPY & COUNSELLING PSYCHOLOGY

Mindfulness: Nourishing the Domain of Being

Course Tutor: Jyoti Nanda

Start day **Sunday, 13 May** 11 am – 6 pm
Followed by **6 consecutive Tuesdays 5 – 7 pm** starting on
Tuesday, 22 May, 29 May, 5 June, 12 June, 19 June, 26 June
Last day of course Sunday – 1 July 11 am – 6 pm
Regent's College, Room D103

Credits: CPD certificates of 24 hours will be provided for those completing the entire course

The simple practice of Mindfulness has the potential to bring about a profound change in the way we begin to experience ourselves, others and our world. When we pay intricate attention to our experience, we recognise that we have a lived experience of the arising of Existential themes. Both the traditions of Mindfulness and Existential therapy see self and reality as relational, without rigid or permanent substance. Both recognize the inter-related nature of body/mind, subject/object and self/other/world. Both recognize the presence of impermanence, change, uncertainty, suffering/existential anxiety and death as givens of existence.

Mindfulness is a dedicated contemplative practice of being present to our experience, acknowledging it and being with it with acceptance. It is a practice of awakening the heart for our self and others. It helps psychotherapists in increasing phenomenological awareness, in clearing the space to be present for clients and in staying anchored in the midst of another person's suffering. It facilitates compassionate listening. It also facilitates monitoring and honouring the messages from our body in the therapeutic relationship. The clinical value of Mindfulness is widely accepted, including within the NICE guidelines as promoting mental health and resilience.

This course will be highly experiential and the teaching will emerge from participants' lived experience.

Past Participants' Testimonials: "...On both a personal and professional level this programme has been one of the best pieces of self development I have ever received." - Murray Thomas (Executive Coach and Leadership Consultant, Director of Change-ability Consulting Ltd) at course 'Mindfulness - Nourishing the Domain of Being' May-July 2011.

*"Excellent and very enjoyable...it has changed my life and outlook on life tremendously and I am so glad that I came onto the course."
- Christalla Papanastasiou (Trainee Psychotherapist) at course 'Mindfulness – Nourishing the Domain of Being' May-July 2011.*

"I thoroughly enjoyed the course. I found mindfulness a challenging concept but Jyoti was an inspirational teacher and she introduced us to the subject in a gentle and thought provoking way. Mindfulness is definitely a part of my life now, and I feel as if I am on a new path of self discovery." - Helen Thomas at course 'Mindfulness – Nourishing the Domain of Being' May-July 2011.

"Excellent and necessary. I have learned about myself and others that will be beneficial to me both professionally and personally. Jyoti was great: insightful and caring." - Sophie-Inchley-Mort (Assistant Psychologist) at 'Mindfulness – Nourishing the Domain of Being' 2011

"Jyoti is an excellent teacher and role model." – Susie Nixon (Psychotherapist) at 'Mindfulness – Nourishing the Domain of Being' 2010

"A valuable course of noticing what exists outside of our usual perspective on things/situations/relationships. It brings a new perspective to one's life in more peaceful, connected way... an embodiment of noticing that I hope will remain with me the rest of my life." – Jackie Wilson (Trainee Psychotherapist) at course 'Mindfulness – Nourishing the Domain of Being' 2010.

About the Course Tutor: Jyoti Nanda is an HPC/BPS Registered Chartered Psychologist, UKCP Registered Existential Psychotherapist and MBACP (Snr. Accred). She is on the Visiting Faculty at Regent's College and is in Private Practice. A long-term practitioner of meditation, Jyoti's published work in peer reviewed journals focuses on an Embodied Integration of Mindfulness and Existential Therapy.

IF YOU ARE INTERESTED IN ATTENDING THE EVENT Please fill out the Application Form on the back of this flyer and post it with an enclosed cheque payable to **Regent's College** to Mrs Astero Kangaris, School of Psychotherapy & Counselling Psychology, Regent's College, Inner Circle, Regent's Park, London, NW1 4NS



SCHOOL OF PSYCHOTHERAPY & COUNSELLING PSYCHOLOGY

INNER CIRCLE PSYCHOTHERAPEUTIC CONVERSATIONS

Application Form

Mindfulness: Nourishing the Domain of Being Spring (2012) @ SPCP Jyoti Nanda at Regent's College – Room D103			
First Name:			
Last Name:			
Student/Staff ID#:			
Address:			
Post Code:			
Email address:			
Contact Telephone Number:			
TICKETS	Cost £	Number of tickets	Total £
Full Price Ticket	£305		£
Student & Staff Ticket Price Print Student / Staff Card Number above:	£280		£
On the Door Ticket (depending on availability)	£330		£
Make Cheques payable to: 'Regent's College' or pay on line quoting 'MINDFUL' https://www.ecommercegateway.co.uk/regents/step1.asp	TOTAL AMOUNT £ →		£
Please post this form and cheque to: Mrs Astero Kangaris			
School of Psychotherapy & Counselling Psychology, Regent's College, Inner Circle, Regent's Park, London NW1 4NS			

Tickets are issued on a First Come First Served Basis

Limited seating of 20 people ONLY

So book early to guarantee your seat

For further information and bookings, please contact:

Mrs Astero Kangaris

Short Courses, Events & Conferences

School of Psychotherapy & Counselling Psychology

Office Phone Number: 0207 487 7584

Email: kangarisa@regents.ac.uk

Regent's College Website - www.regents.ac.uk

School of Psychotherapy & Counselling Psychology website - www.spc.ac.uk

Cancellation Terms & Conditions

All cancellations must be confirmed in writing 14 days before the event date.

All cancellations will incur a 25% non-refundable fee of the total amount

Any cancellations 13 days or less of the event date will incur a 50% non refundable fee of the total amount

Any cancellations 48 hours or less of the event date will incur a 100% non refundable fee of the total amount