



SCHOOL OF PSYCHOTHERAPY
& COUNSELLING PSYCHOLOGY

SPCP Psychotherapeutic Conversations: The CPD Experience

Mindfulness:

Nourishing the Domain of Being

Course Tutor:
Jyoti Nanda

**8 Consecutive Tuesday evenings from 29 April to 17 June 6- 8 pm
and a final full day Sunday workshop 29 June 11am - 6 pm**

Credits: CPD certificates of 22 hours will be provided for those completing the entire course .

The simple practice of **Mindfulness** has the potential to bring about a profound relational change in the way we begin to experience ourselves, others and our world. When we pay intricate attention to our experience, we recognise that what we call feelings are all experienced at the sensory level. We have a lived experience of the body/mind connection. Becoming present to our experience, acknowledging it, accepting it, and being with it, we may begin to experience greater acceptance, kindness and compassion for ourselves, and others. It is a practice of awakening the heart. It helps psychotherapists in clearing the space to be present for clients, but it also helps us in staying grounded in the midst of another person’s suffering, and also in monitoring and honouring the messages from our body in the therapeutic relationship. The value of Mindfulness has been recognised in clinical use.

Brief Course Outline

Mindfulness meditation will be taught as a non-religious method. It aims at intentionally training our attention to moment-to-moment awareness of our experience of physical sensations, breathing, thoughts, and feelings. Participants on this course will thoroughly explore mindfulness and its application in exploring their experience in their body and mind in relation to self and others.

Participants will explore themes valued in psychotherapy in general and existential-phenomenological therapy in particular such as: - **Increasing phenomenological awareness - Being open to experience, and staying with it – Recognising body/mind connection - Exploring change and impermanence - Exploring the relational aspect of ‘self’ and ‘reality’ - Offering presence to self and other - Exploring ‘being qualities’ and its implications for therapy.**

***Jyoti Nanda** is a Chartered Counselling Psychologist, UKCP Registered Existential Psychotherapist and MBACP (accred). She is on the Visiting Faculty at Regent’s College and is in Private Practice. She is a long-term practitioner of meditation in more than one tradition. Her research interest is on the effect of meditation on the ‘being qualities’ of the therapist within the therapeutic relationship. Jyoti has trained in teaching Mindfulness Based Stress Reduction at the Centre for Mindfulness in Medicine, Health Care and Society, University of Massachusetts Medical School, USA. She has also offered Mindfulness training to health professionals in London.*

Venue: the School of Psychotherapy and Counselling Psychology at Regent’s College, **Room (to be confirmed).** **Closing date for payment 8 April 2008.** Cheques payable to: **Regent’s College.** Mail to: Please send this form and cheque to: **Mindfulness 2008: The School of Psychotherapy & Counselling Psychology at Regent’s College, Inner Circle, Regent’s Park, London NW1 4NS**

<u>SPCP Psychotherapeutic Conversations: The CPD Experience:</u>			
Mindfulness: Nourishing the Domain of Being			
Name			
Address			
Telephone		E-mail:	
Ticket order	Number of tickets	Cost	Total £
Full price ticket £250 per person			
Students: £ 200 <i><u>Students:</u> please state institution of study and Student ID No.</i>			
Total to pay			