



Professional Certificate in the Therapeutic Use of Mindfulness

3 Mondays: 30th January, 6th & 13th February 2012

COURSE AIMS AND OBJECTIVES:

The value of mindfulness in therapy has been espoused by such figures as Dr Tony Bates, former principal clinical psychologist at St James's Hospital and Dr John Kabat Zinn, founder and director of the Mindfulness Based Stress Reduction Clinic at the University of Massachusetts Medical Centre. Mindfulness is increasingly recognised as a valuable intervention in counselling internationally. In the field of medicine, more Irish doctors now recommend mindfulness to patients. Millions of people around the world practice mindfulness to enhance their experience of living.

Put simply, mindfulness involves continually returning your awareness to your present-moment stream of experience in a non-judgmental way. This very simple approach, though at odds with our normal way of thinking, can be very helpful to people suffering loss, anxiety, stress, depression and other aspects of the human condition.

This course is intended for practitioners in counselling and in mental health generally who would like to add mindfulness to the range of interventions available to them for helping clients and who would like to use mindfulness in their own lives. The course is meant to introduce participants to the practice of mindfulness; to help them to deepen their practice if they already use mindfulness; and to teach participants, through theory and role-play, to use mindfulness with clients. Participants will gain a rewarding life skill and a valuable tool for intervention.

WHO SHOULD APPLY

This course will be of interest to professionals and volunteers who work with clients in counselling or mental health services in general. It will be of particular interest to counsellors, psychotherapists, guidance counsellors, psychologists, nurses and doctors. For persons requiring evidence of Continuing Professional Development, the Certificate of Completion will state the number of hours of attendance and the course work between attendance days.

COURSE CONTENT:

- Definitions and purpose of mindfulness
- Exploration of the use of mindfulness with clients.
- Exploration of the use of mindfulness in your own life.
- Consideration of the scope and limitations of mindfulness as a therapeutic tool.
- Opportunities to role-play in triads as therapist, client and observer using participants' own case work.
- Opportunities to practice mindfulness during the course days and guidelines for practice at other times.
- An introduction to the basics of Buddhist psychology from which mindfulness emerged
- Understanding how Buddhist psychology 'fits' with Cognitive Behavioural Therapy and other Western approaches



IICP Education & Training

COURSE STRUCTURE:

The core ethos of IICP is to provide a student centred, warm and supportive learning environment. The programme is highly interactive, experiential and taught through lectures, small group work, role-play and assignments. The basic text for the course will be Padraig O'Morain's book *Light Mind, mindfulness for daily living* which includes a special chapter for counsellors and mental health workers. A copy of this book will be supplied to participants and the cost is included in the fee.

SCHEDULE OF DATES:

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| 1. Monday 30 th January 2012 | 9.30am to 4pm (registration from 9am) |
| 2. Monday 6 th February 2012 | 9.30am to 4pm |
| 3. Monday 13 th February 2012 | 9.30am to 4pm |

INSTRUCTOR

Padraig O'Morain, M.A. (Creative Writing), B.Sc. (Psychology), Dip. Counselling & Psychotherapy, Certificate in Buddhist Psychology, Certificate in Choice Theory. Padraig is a counsellor, broadcaster and columnist with The Irish Times, The Irish Medical News and The Evening Herald. His books include *Light Mind, mindfulness for daily living* (Veritas 2009), *Like A Man, a guide to men's emotional well-being* (Veritas 2007) and *Health of the Nation, a history of the Irish health service 1957-2007* (Gill & Macmillan). He has used mindfulness in his own life and with clients for almost two decades. He has taught mindfulness to nurses, doctors, search and rescue crew, trade union officials and public audiences. He has been training counsellors in mindfulness for some years. He has lectured at the Institute for Integrative Counselling and Psychotherapy on the Diploma in Counselling course. He publishes a monthly e-newsletter on mindfulness.

AWARD:

Professional Certificate in Therapeutic Use of Mindfulness.

Awarding body: Institute of Integrative Counselling and Psychotherapy.

Attendance at all training days is necessary to qualify for the award of the Certificate

VENUE

IICP Education and Training, Killinarden Enterprise Park, Killinarden, Dublin 24

COST: €250.00

Places are limited and allocated on a first come first served basis.



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Certificate in the Therapeutic Use of Mindfulness - Registration Form

January/ February 2012

Full Name: _____

Full Address: _____

Tel No: _____

Email : _____

Occupation: _____

Source: _____

(Where did you hear about the course/ IICP?)

Deposit of €100.00* Enclosed **Full payment of €150.00 Enclosed**

Deposit of €100.00* to be paid to confirm your booking of a place on the course and in advance of course commencement. The remaining balance of €150.00 is due to be paid on or before registration on Monday 30th January 2012.

Places are limited and allocated on a first come first served basis.

Deposit payment is non-refundable

Cheques/postal orders to be made payable to IICP Education and Training

*Receipts will be made available to you/your organisation on receipt of deposit/full payment. Please note all remaining course fees are due at registration or in advance. Cancellations must be made five working days in advance, or the course fee will be charged. Fees are non-refundable and full fees will be charged for no-shows on the day. Substitutions can be made at any time, subject to availability. We reserve the right to reschedule a course should the need arise. By completing and returning this Application Form you agree to our terms and conditions above.

Signed: _____ Dated: _____

**Applications to: Ms. Gloria Fitzpatrick, IICP Education & Training,
Room 5, Killinarden Enterprise Park, Dublin 24**

Further information contact:

Norah Byrne 01-4664205 / 087-9103332
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