



CPD



Date - Tuesday 3rd September 2019

Trainer - Nick Cooke

Venue - Central England College, Birmingham

Acceptance and Commitment Therapy (ACT)

This energetic, workshop style training is great for mindfulness teachers, hypnotherapists, counsellors, NLP Practitioners and life coaches and is one of the ways that they can achieve their annual continuing professional development (CPD) requirement. ACT is a mindfulness based therapy and has a strong scientific evidence base. Originally constructed as an approach to individual therapy work that could be targeted for certain specific issues including depression, anxiety and stress, addictions and eating disorders.

The fee is £130 for students and graduates of CEC / Mindfulness Now, and £160 to all others.

Book and pay by phone on 0121 444 1110 or email info@mindfulnessnow.org.uk