



CPD



Date - Saturday 21st September 2019

Trainer - Nick Cooke

Venue - Central England College, Birmingham

Mindfulness – Evidence-Based Approaches to Pain Reduction

For all mindfulness teachers and hypnotherapists, this practical workshop covers advanced theory and practice, including some hypnotherapy interventions – with a focus on evidence-based approaches – assessment methods and a detailed training manual. Some time is also allowed for developmental support, discussion and group supervision.

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