



CPD



Date - Wednesday 4th September 2019
Trainer - Nick Cooke
Venue - Central England College, Birmingham

Compassion Focussed Therapy

Compassion Focused Therapy brings the attitudes of mindfulness, in particular, compassion, generosity, kindness and acceptance, into a powerful, evidence-based therapy protocol with wide ranging applications, including: reducing the effects of depression and anxiety, increasing self-esteem, helping to change unhealthy relationships with food, and letting go of unwanted behaviours. 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 4441110](tel:01214441110) or email info@mindfulnessnow.org.uk