

Mindfulness Teachers – Continuing Professional Development (CPD) 2020/21

Mindfulness teachers and therapists are required to maintain their Continuing Professional Development (CPD) to uphold professional learning standards and to meet the requirements of whichever professional association they belong to. Normally this is a minimum of 14 hours, or two days of CPD during each twelve month period. The list below shows CPD and other training events currently scheduled for 2020/21, but new events are being added all the time, so please check the relevant websites regularly.

CPD Training at Central England College, Birmingham (unless otherwise stated) – 2020/21

Bookings on 0121 444 1110 or email info@mindfulnessnow.org.uk

Please note that during the current health crisis, courses may temporarily run in a guided, interactive, online format – Please check with us to confirm

Saturday 26th September 2020

Donna Green

Practising with Safety and Integrity

Essential learning for all therapists and mindfulness teachers, this training considers how we can ethically and safely work with our clients / participants – looking after them in the best possible way to protect them, as well as ourselves – including risk management, effective note taking and working with children / vulnerable adults. Donna is a leader in this field and a former director of the National Council for Hypnotherapy (NCH). Training notes and CPD certificate will be provided.

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

Saturday 3rd October 2020

Nick Cooke

Compassion Focused Therapy (CFT) / ACT

St John's College – University of Oxford

This experiential workshop combines the skills of CFT with Acceptance and Commitment Therapy (ACT). Compassion Focused Therapy with ACT 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.

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

Saturday 28th November 2020

Hilary Norris-Evans

Mastery in Hypnotherapeutic Regression

An area where some hypnotherapists lack confidence and experience – Hilary is an acknowledged specialist, as well as a trainer and supervisor with many years of successful practice in this field, and will share her proven methods of working, in this intensive practical workshop, open to all qualified hypnotherapists. Training notes and CPD certificate will be provided.

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

Saturday 20th February 2021

Rebecca Semmons-Wheeler

The Learning Pathway – Deepening Perspectives in Mindfulness Teaching

Valuable developmental learning for all mindfulness teachers, this practical workshop explores scientific research into mindfulness, as well as the skills of inquiry, successfully guiding practice, and exploring what, as teachers, we bring to the teaching, especially in presence, embodiment and managing challenges. The course also provides an integration for bringing your own unique strengths and qualities into your teaching, as well as an exploration of how we can employ both the being and doing modes of mind into our teaching practice

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

Saturday 6th March 2021

Tony O'Shea-Poon

Mindfulness and Buddhism: Lessons from Plum Village

Students of mindfulness today are often intrigued by its Buddhist roots and enthusiastic to learn more. As mindfulness teachers, we can greatly enhance our teaching and enrich the experience of our participants by learning more about Buddhist practices that still hold so much relevance for us today.

This practice day will look at what the Buddha taught on mindfulness and the relevance of the teachings today. Mostly, we will practice mindfulness in the Plum Village tradition, as taught by Buddhist Zen Master, Thich Nhat Hanh. We will enjoy mindful movement, mindful walking, mindful eating, deep relaxation, the sound of the bell and the contemplations of looking deeply, touching the earth and inter-being.

Participants will experience a deeper connection with the roots of mindfulness and have greater confidence to bring some of this to their teaching practice.

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

Booking information

All courses are certified and training notes are provided. The courses are open to practitioners of mindfulness teaching, hypnotherapy, NLP, coaching, counselling, and related fields. Numbers are strictly limited and places can be booked by contacting:

Central England College: 0121 444 1110

info@mindfulnessnow.org.uk

www.mindfulnessnow.org.uk