

## **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](mailto: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 26<sup>th</sup> 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 3<sup>rd</sup> 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 28<sup>th</sup> 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 20<sup>th</sup> 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 6<sup>th</sup> 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](mailto:info@mindfulnessnow.org.uk)

[www.mindfulnessnow.org.uk](http://www.mindfulnessnow.org.uk)