



# Breathing Space

the learning and development journal  
for all mindfulness teachers & therapists

Summer Issue 2021

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# Welcome to the Summer 2021 Issue of Breathing Space!

Hi Everyone.

Welcome to the Summer 2021 edition of Breathing Space. The last 12 months haven't exactly been straight-forward have they? As we now head cautiously out of lockdown, with the promise of slightly more normal times ahead, so too are we faced with new challenges – perhaps the way we respond to these are based on our experiences of the past twelve months, on our own reflections. I hope you'll find that in this issue you'll find yourself in safe hands to help you to move forward. As always, we have some of the most experienced practitioners writing for you – Nick Cooke guides us on how to respond to suffering, and letting go of pain and difficulty; Hilary Norris-Evans enlightens us with her knowledge of the therapeutic relationship; Alan Muskett outlines a very creative approach to mindfulness in the Art of Mindful Storytelling whilst Jason Hall shares a personal story linking in with the Metta Meditation; and we have a great little 30 day mindful challenge that Raj Gorsia has set down for us! There's also a short article on how pets can help us to become more mindful.

We include a book review by Hannah Colton too, and details of those all-important CPD courses on the back pages.

As always, may I thank everyone who has contributed to this issue and invite you to write and submit an article or a book review of your own. We're always on the lookout and at the moment, the next issue is a completely blank canvas! So I look forward to hearing from you

Thank you.

Please submit your articles to

info@mindfulnessnow.org.uk

Rachel Broomfield - Editor - Breathing Space



## Breathing Space

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What features of the therapeutic relationship do we need to be aware of?  
Hilary Norris-Evans

When we think of the therapeutic relationship, we often think of it as a relationship between a therapist and a client. However, the relationship is not just about the therapist and the client. It is also about the therapist and the therapist. The therapist is a person who is trained to help others. They are trained to listen, to understand, and to help. They are trained to be empathetic, to be compassionate, and to be kind. They are trained to be a safe space for others. They are trained to be a place where others can go to when they are struggling, when they are hurting, when they are in pain. They are trained to be a place where others can go to when they need help, when they need support, when they need a friend. They are trained to be a place where others can go to when they need a therapist.

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Can pets (and other creatures) teach us a thing or two?  
Rachel Broomfield

When we think of mindfulness, we often think of it as a practice that involves sitting on a cushion, closing your eyes, and focusing on your breath. However, mindfulness is not just about sitting on a cushion. It is also about being mindful of everything around you. It is about being mindful of the world around you, of the people around you, and of the animals around you. Animals are a great way to practice mindfulness. They are a reminder to be present, to be in the moment, and to be grateful for what we have. They are a reminder to be kind, to be compassionate, and to be loving. They are a reminder to be a part of the world, to be a part of the community, and to be a part of the family.

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When it told you that being out of control is more powerful than you think?  
Raj Gorsia

When we think of mindfulness, we often think of it as a practice that involves sitting on a cushion, closing your eyes, and focusing on your breath. However, mindfulness is not just about sitting on a cushion. It is also about being mindful of everything around you. It is about being mindful of the world around you, of the people around you, and of the animals around you. Animals are a great way to practice mindfulness. They are a reminder to be present, to be in the moment, and to be grateful for what we have. They are a reminder to be kind, to be compassionate, and to be loving. They are a reminder to be a part of the world, to be a part of the community, and to be a part of the family.

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# Overcoming the Legacy of Suffering Associated with the Pandemic

How Mindfulness, Acceptance and Commitment Therapy (ACT) and Clinical Hypnosis can Help Reduce the Suffering of Chronic Pain and Trauma.

**Nick Cooke**



Nick explores the legacy of the pandemic over the past 14 months

**W**e are only too acutely aware of how the past 14 months has left a sad legacy, for huge numbers of people who have been adversely affected by the pandemic, often leaving them with the pain and suffering associated with loss of many different kinds, including that associated with so-called 'Long COVID'.

In a 2019 article I wrote about how medical research has suggested that we can use our mind and our mind / body connection to be aware of painful feelings as they arise and to, in effect, stop struggling with them. When we use our mind to become aware, as in mindfulness practice, then something very special and unusual happens. We begin to start a gentle observation of something (painful sensations) rather than being wrapped up in, and / or fighting it.

With a little practice, something very special begins to happen. We notice that the pain starts to dissolve, as if by magic! People who have experienced this for the first time are

frequently amazed and begin to appreciate how doing something a little different can open the door to a new realisation that pain comes in two varieties, primary and secondary, which actually each stem from different origins.

Primary pain, as the name suggests, normally arises from a physical incident of some sort which produces the pain, whether that is illness, injury, surgery or other medical treatment. It could be thought of as the body's reaction to this incident. Secondary pain, or suffering, closely follows and is concerned with our reaction, at a conscious and subconscious level, to the primary pain.

## **Pain Reduction - cautions**

Pain is a warning that something is wrong with the body. It is therefore irresponsible and unethical to remove pain unless we can be sure that the pain is symptomatic of a non-threatening or serious illness. In reality how can we ever be sure of this? It is therefore preferable to help the Client to reduce, rather than remove pain and to



enable the Client to have a degree of control over the intensity of pain.

Psychological therapies including ACT and hypnosis seem to have the effect of being able to separate the various 'interpreting regions' of the mind/body connection so that the level of discomfort can be modified, for example. Distraction, visualisation and meditation are three methods of achieving pain reduction in this way.

### The Buddha, The Arrow Sutra

This teaching is often summarised as "Pain is inevitable, but suffering is optional." We have in life two forms of distress. The first arises from the



unavoidable events that occur in life: the pains, insults, rejections, losses, separations, aging, sickness and so on. Such events quickly give rise to inevitable, uncomfortable physical expressions, such as feelings that the wind knocked out of us, a hollowness in the chest, a tight stomach, dizziness, tears, etc. The second form of distress lies in our thought-based reactions to the event: "Why me? This is unfair. How do I change this? What will happen now?" We add more anguish to the mix by taking universal experiences personally, trying to escape the unavoidable.

These optional, second arrows of torment can play out in different ways:

- 1) We can blame and denounce others for shooting us with those first arrows [their rejections, insults, dismissals, wrongs of all varieties] and feel picked on by the universe.
- 2) We can castigate and condemn ourselves for being human and not avoiding life's inescapable

disappointments, reaching the conclusion we are particularly damaged or fated to misery.

- 3) We can use short term distractions and pleasures: stuffing our feelings with food, retail therapy, deluging ourselves in work, seeking refuge in television, over-eating, drugs or alcohol.

All of these approaches distract us, until they eventually let us down. No matter how much we blame ourselves or others, or keep ourselves busy, the discomforts we've been avoiding and abandoning resurface; from high-flying financiers to destitute heroin addicts, whatever diversionary tactics we choose will wear thin and return us to emotional conditions of vulnerability, loss, emptiness. No matter how much we've been sweeping under the rug, we will have to face the challenging feelings from which we've been hiding.

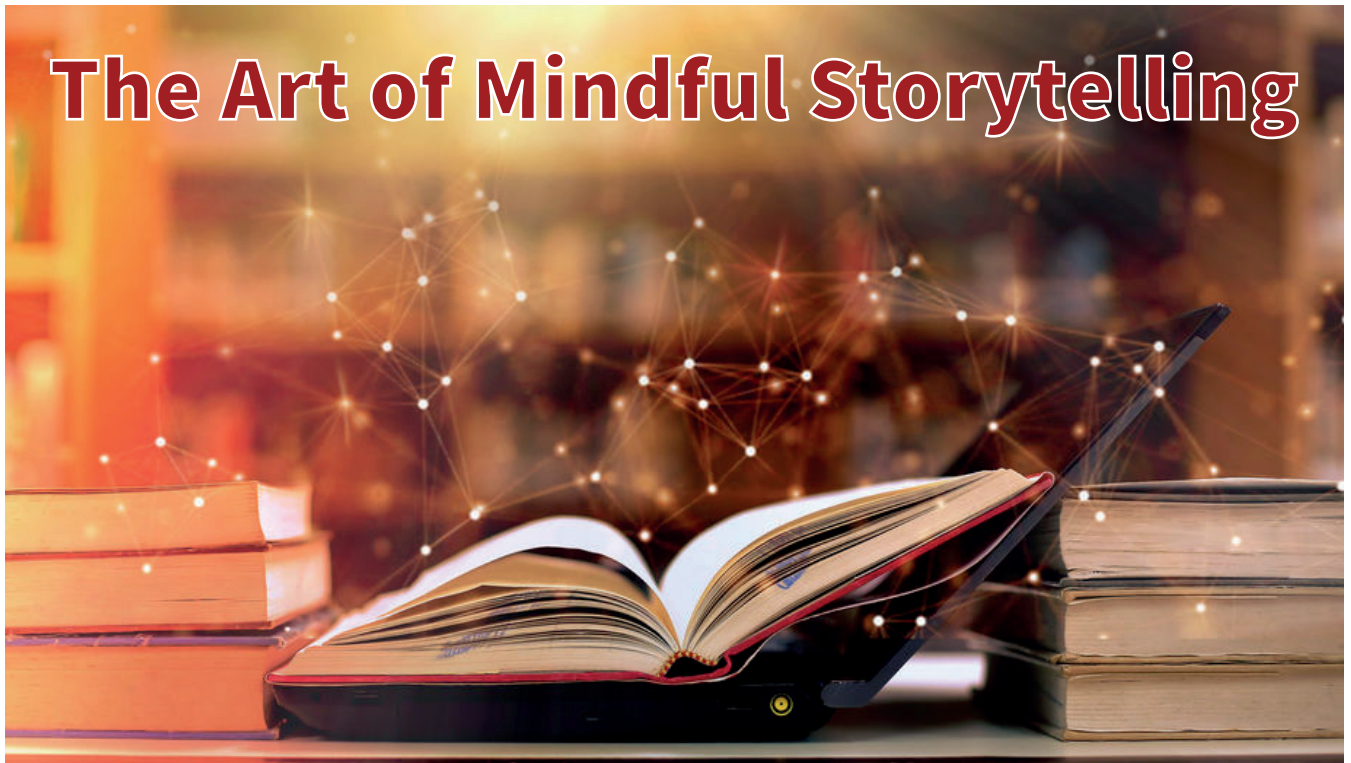
The mindfulness solution is to put aside the distractions and to attend to the uncomfortable feelings directly after being hit with those first arrows. How does it feel to be fired? dumped? rejected? abandoned? Not good, but if we hold the sensations in our awareness, it turns out they're not as overwhelming as we thought; with compassion and care the body softens, the mind becomes less agitated, the impressions arise and pass. It turns out we can survive being hit by an arrow, so long as we don't shoot too many into ourselves in return.

So, perhaps, as we cautiously and hopefully enter a new period of post-COVID optimism, maybe through mindfulness, ACT and hypnotherapy we learn how to change our relationship with pain; Offering a gentle, learning approach, where we discover how attitudes of acceptance, self-compassion, kindness, forgiveness, non-striving and non-judging can simply and easily help us to let go of suffering.

**Nick Cooke is presenting a one-day practical CPD workshop on 'Evidence Based Approaches to Pain Reduction – with Mindfulness, Clinical Hypnosis and ACT', live, interactive via Zoom on Saturday 23rd October 2021. A training manual and other resources as well as CPD certification are included. The attendance fee is £130 for students and graduates of Mindfulness Now / CEC, and £160 to all others. Please see the CPD section on the back page.**



# The Art of Mindful Storytelling



How to build your own, personal brand with mindfulness as your guide.

**Alan Muskett**



Employing mindful attitudes... I moved through the process of how to identify my ideal clients, assess my competition, and how to create meaningful content for the market.

**A**s a well-being business owner, do you ever feel as if you are scrambling to find your market? It can be so frustrating that with all those new-found therapeutic skills, the customers just will not come to you. I had decided my mission was to help others with difficulties and thought it would be easy to connect with potential clients. Spoiler alert: I have not found that. As mindfulness practitioners or hypno-therapists, we are only front of mind for the few, not the many. So, unless you are incredibly lucky or have a well-executed marketing strategy, you could end up being a side-show statistic. That is where I started to think I was heading for until I discovered The Art of Mindful Storytelling®, a 10-week program that has helped me build my brand and my voice.

Life has started to look up ever since I found new confidence in selling myself.

Let me first introduce you to Jennifer and Courtney James – the married owners of Admit One Productions based in Toronto, Canada. Jennifer has had a successful career as a Fortune 500 executive and is an experienced practitioner and teacher of mindfulness. In her working life, she has helped countless companies build their brands. Courtney is a writer, actor, and filmmaker and is an experienced and highly original storyteller. They have operated their successful media production company for 15 years and have now weaved their skill sets together to produce an unstoppable program designed for entrepreneurs – the Art of Mindful Storytelling®.

During my introductory call with Jennifer, I realised that the marketing of myself personally was the critical foundation of



# STORYTELLING



growing my business, and finding my customers was what I had to do, not the other way round. The first thing I did was to search inside myself, using mindfulness and self-awareness to figure out why I do what I do. What makes me tick after all? How do I find my authentic voice? And with that firmly in sight, what is my mission? (what we do and how we do it). With these essentials in place, the course starts to motor along, using mindfulness as an ever-present guide along the way. Employing mindful attitudes such as acceptance, beginner's mind, trust, patience, non-striving, I moved through the process of how to identify my ideal clients, assess my competition, and how to create meaningful content for the market. This is where the storytelling kicks in as I started

to build stories that would bring value to my customers. Now I am incessantly jotting down ideas, developing them, and feeding them into the 'story incubator', which in turn translates into content for communication (usually blogging or social media). Courtney's storytelling module teaches the criticality of perception, how you want the audience to feel. I learned about how to pack stories with purpose, to use impactful words which resonate with customers in their language.

The course is delivered online via 10 modules over as many weeks, with bitesize self-paced videos, pdf worksheets, and guided meditations which are suitably themed towards where we are in the experience. There are weekly 1:1's with coaches, group coaching with the other students, and a Facebook group with workshops on how to build confidence, tips on body language, how to show up on camera, how to blog - to name just a few of the other skills needed to brush up your storytelling to aid your business growth. Jen and Courtney are relaxed and engaging individuals

yet highly professional. They were responsive, enthusiastic, and resourceful coaches, and attentive to my needs. You need to put the work in to get the most benefit out, but there is no need to stress about the schedule, as every student follows their own path.

I had thought of giving up on my go-it-alone dream. 10 weeks later, I feel rejuvenated with new confidence, which is the bottom-line purpose of the program. This journey is demanding and challenging, but it is also fun and inspiring. It prompted me to truly examine myself and find out who I wanted to be. I now feel as if I have the tools to truly find my clients. I want to use my stories to help others with theirs. Isn't that what we are all here for?

**For more information on how-to sign-up for The Art of Mindful Storytelling®, contact Alan on [alanmuskett@rightmindfulness.co.uk](mailto:alanmuskett@rightmindfulness.co.uk) or 07398 455 826**

**I am Alan and I live in Inkberrow, Worcestershire with my wife and cat. I studied mindfulness and hypnotherapy at CECCH from 2017, and practice both of these, together with mental resilience**





# The Therapeutic Relationship



What features of the therapeutic relationship do we need to be aware of?

**Hilary Norris-Evans**



We therapists tend to focus our attention... on learning new techniques, theories... and sometimes we may ignore the most important features of all... the therapeutic relationship and the therapeutic alliance.

If you are working one to one as a hypnotherapist or mindfulness teacher, the therapeutic relationship is, according to research, the single most important factor as to whether the client will report satisfaction with the therapy, maintain they've achieved their aims and express satisfaction with the whole process. This also holds up for those of us who are mindfulness teachers leading groups, where the therapeutic relationship is also highly significant, indeed, perhaps even more of a balancing act than in one to one transactions.

We therapists tend to focus our attention during CPD on learning new techniques, theories and new ways to tackle issues the client brings to us and sometimes we may ignore the most important features of all: the therapeutic relationship and the therapeutic alliance.

The therapeutic relationship has been, since Carl Rogers first talked about the conditions needed to foster an excellent therapeutic relationship, one of great importance to counsellors, who have sometimes, as person-centred therapists, taken his writings to an extreme stance of not commenting at all and certainly never disclosing anything about themselves to the client or patient, in case that impinged in some way on the blank slate of the therapeutic relationship.

More recently, there has been an upsurge of interest in the ACT and CFT community, who have brought to the fore again, Rogers' unconditional positive regard and looked into what could enhance the therapeutic relationship, with more of an emphasis on compassion and presence.



NLP has always talked about rapport, but what is it really? How close to empathy (or sympathy?) is it? How do we define that elusive quality? Is it something that can be taught?

How about listening - deep and active listening? Is this perhaps hugely important in the therapeutic relationship?

What other features of the therapeutic relationship do we, as therapists, need to be aware of?

What do we need to know about our process, and the client's, as therapists and mindfulness teachers? How do transference and counter transference impinge on the therapeutic relationship?

What should we avoid in the therapeutic relationship if we are to do our best?

Is it all just a matter of being polite and agreeing with the client or do we have a duty to engage in a relationship with the client which is so safe that the client can take challenge and be ready to even

challenge themselves and willingly change?

Exactly what does it take to be a therapist/mindfulness teacher where the client feels liberated to become their true self?

On my CPD day all these questions and more, and aspects of research, will be discussed and demonstrated together with plenty of practice and pragmatic advice to help you stay attuned to what becoming a hypno-therapist/mindfulness teacher of excellence really means nowadays. I hope that by the end of the workshop you'll be able to answer those questions yourselves and realise how you can best engage with your client/s.

I have been a hypnotherapist, coach and NLP practitioner since the early 90s and been a trainer since 2005. Coming from a background of education I have a passion for becoming and helping others in the process of becoming therapists and a willingness to challenge myself and others to become the best therapists and

teachers we can become. My workshops feature demonstrations, practical advice and opportunities for you to practise your skills. In our current climate, therapists and mindfulness teachers are needed more than ever to show the world how to be its true self, and model for the client/s by being ethically and honestly engaged activists for peaceful means of transforming our human relationships and engaging with the world in all its pain and glory. Meditation and therapy could save the world as long as we therapists step up to the plate and take active responsibility for the therapeutic relationship.

**Hilary Norris-Evans will be running a one-day CPD event on The Therapeutic Relationship on Saturday 11th September. All resources as well as CPD certification are included. The attendance fee is £130 for students and graduates of Mindfulness Now / CEC, and £160 to all others. Please see the CPD section on the back page.**







Can pets (and other creatures) teach us a thing or two?

**Rachel Broomfield**



Pets can act as an anchor.  
An anchor to this present  
moment, bringing us back  
to the here and now.  
Helping us to evade  
automatic pilot.

I'd like you to ask yourself a question. Who do you think is the most inspirational mindfulness teacher in your life right now? Thich Naht Hanh? Jon Kabat Zinn? John Teasdale? Ram Dass? Deepak Chopra? If I were to answer my own question it would be Skipper. "Who's Skipper?" I hear you ask. Skipper is my cat. He came to live with me just before Christmas 2019 at the ripe old age of six months, having spent those first six months I don't know where and ending up at a local rescue centre for the few weeks before I came across him on their website. If the truth be told, all the cats (and dogs, guinea pigs, rabbits and hamsters I've ever owned) have been inspirational mindfulness teachers in their own right. For animals are perhaps the most mindful of creatures. In all sorts of ways. They can teach us many things if we're open to the possibilities and opportunities they create. If we simply take the time to notice.

When we first started to live our lives on zoom back in March last year, there were a number of occasions when Skipper wanted to join in. He would bounce onto my lap or on to the desk where my laptop was, head bumping the laptop screen, climbing across the back of my chair and across my shoulders. A happy memory from the beginning of Lockdown involves the very first team meeting over Zoom where, towards the end, all of our pets joined in. And how lovely that was. Although I'm not sure whether Skipper enjoyed being the only feline in amongst six or seven dogs! He didn't hang around, put it that way.

Pets can act as an anchor. An anchor to this present moment, bringing us back to the here and now. Helping us to evade automatic pilot. Interrupting our pattern of thought.

Pets help us to be present in this very moment. They're not thinking about what happened yesterday or worrying about what might happen tomorrow. They are simply living life as it is right now.

With his kind permission, I'm sharing the following by Tony O'Shea Poon:

### ***Cat Lessons for People***

**Enjoy the simple pleasure of being outdoors**

**Run, chase and play daily**

**Develop an affectionate nature**

**Don't become too attached**

**Listen attentively so you don't miss a thing**

**Trust your intuition**

**Explore new things**

**Speak softly but speak up when you need to be heard**

**Sometimes just do nothing**

**Aim high and take a leap of faith**

I'm sure you've all come across the 'Dog Lessons for Humans' written in a similar vein.

Pets offer completely non-judgmental social support. They are another living, sentient being, loving you for exactly who you are not who you think you should be. And that same loving

kindness, that compassion can go both ways as we reciprocate it back to them.

Essentially, pets embody mindfulness (without even knowing it). And, as a result, are perhaps the greatest of mindfulness teachers, not trying to intellectualise things, not criticizing, not trying to prove that their credentials are better in any way than anybody else's, but just accepting, just trusting, just being.

Perhaps all of this is the reason that being in the company of a pet can help reduce stress hormones such as cortisol whilst at the same time boosting the feel-good chemicals in your body such as oxytocin, prolactin and dopamine. And that can only be a good thing.

### **Pet meditation**

Pet meditation (you can do much of this with the local birds, squirrels or foxes too).

Take time to simply observe your pet. Take the time to notice

exactly how they move, noticing what they notice, watch the decisions they make as they happen. Just watch them. Watch them breathing. Watch their expressions. Watch how they move their bodies. Notice how they watch you.

Do they have markings that perhaps you weren't aware of before? Do they have patches of fur that are smoother or rougher than the rest? Do they have tufts of fur longer than the rest?

See if you can be with your pet as if for the first time. Remembering what it was like to be a child. Feeling the love, feeling the excitement of stroking them for the first time. Really taking time to notice the feel beneath your palms and fingers.

If you're close enough, can you be aware of their heart beating? Can you hear it? Can you feel it? Notice that connection. Can you offer them compassion as they offer you that same loving kindness?

Can you be more aware of the sounds that they make? The purrs. The barks. The growls. The mews.

Can you be grateful for the companionship they bring? Can you be grateful for the fact that they're simply there in your company. Can you just take time simply to be with them? Experiencing this moment in life together. Letting go of how things should be and noticing how things really are.

Perhaps ending with a little gratitude – Thank you for being in my life. Thank you for the joy you bring. Thank you for your companionship. Thank you for loving me just the way I am. Thank you.

**Rachel has been a hypnotherapist and mindfulness teacher/trainer since 2014. Skipper came to live with her in 2019 and since then has learnt how to rule the roost completely.**







# Mindfulness: A 30-day challenge

What if I told you that being out of control is more powerful than you think?

**Raj Gorsia**



As Mindfulness Teachers we all know how blissed out we can become when we are totally present and out of this logical thinking mode which is looking for solutions and control. But even with all the experience we have, all the lovely teachings we share, it isn't easy, is it?

I struggled with "being stuck in my head" for most of life, and I felt like I was destined to a life of suffering and fear, therefore I kept looking for ways to avoid suffering. I have been practicing yoga and meditation for around 7 years now, and I have come to a point where surrendering this need for control has allowed my inner flower to blossom.

In the past few months, I have taken this to another level by playing a game with myself, the name of the game is surrendering all desires and expectations. The way I play is that whenever I have an upcoming event, I will become aware of the thinking process to create a solution, a plan, and then I'd let it go. Of course, it happens over and over, so I continue to release it.

You may say, well how do you get anything done then? And my answer to that is that a higher awareness kicks in naturally and I can express my highest self during the present experience, the plan/logic feels like it just gets in the way.

So, imagine you are due to present during one of the Monday mindfulness sessions. The mind may rapidly analyse (consciously or unconsciously) how everyone has performed in the past, it will then try to form patterns of what worked well, and then it may try to create a "measure". Like a minimum height at a theme park!

As a result, insecurities of the self may appear, and nervous energy starts



Manifesting somatically, and hence kicks off a thinking loop.

With the game of surrender, the measurement isn't there, because the calculator of the mind isn't being used.

I am aware I may be making this sound simple; it isn't! But practicing letting go of the thinking can truly open up this innate ability to see more clearly and access a more powerful source of energy, one which is connected to something outside of thought/emotion.

Playing this game has allowed me to free up a load of energy that was previously being used to analyse. It's taken me away from fear and into trust.

I work as a life coach so this article might sound strange because typically coaching is about goals, but I prefer to help people drop the survival mode first, so that their goals can be unwavering, expansive and fuelled by a more powerful source. It's that potential which has been there all along, like the sun behind the clouds.

So, will you join me and play this game of letting go of thoughts for 30 days? I'd love to connect and hear from you.

Much Light.

**I work as a coach, helping people to discover greater awareness and energy to become the person who they are capable of being.**

**I work with a range of people, from seekers who want to move beyond inner challenges and create greater peace and joy, to business owners who want to create greater outward impact.**

**Ultimately, I am most passionate about bringing the above two realms together in alignment with the yogic discipline of uniting the two forces of doing/non doing, as this can create a blissfully fulfilling life.**

**I am creating a lot of video content on social media. So, if you are interested then you can connect with me here <https://linktr.ee/Consciousness> or email me on [rajgorsia@outlook.com](mailto:rajgorsia@outlook.com)**







## Saved by an angel...

Research demonstrates we are pre-programmed for cooperation, compassion and generosity – a personal story.

**Jason Hall**



We all can uncover the importance and benefits of the long practised Metta meditation, sending out kindness and positive energy and cultivating an active benevolent interest in others - Wise Selfishness as the Dalai Lama calls it.

**Y** ‘...ou’re a double angel then?” I responded when she told me she worked for the NHS. I soon discovered a five star angel had come to my rescue when my car failed at the busy petrol station. I’d been carefully ensuring my car was road safe and ready on my way to take my mum to an important engagement. I hadn’t run my car for a bit and had stopped and started it one too many times that morning. I was stuck at the tyre pumping spot when it just wouldn’t go again, a flat battery. I signalled to the car behind that mine was done and proceeded to push it forward allowing them to pump up their tyres at what seemed to be a very popular location. I’d just managed to push it forward enough and pop on the handbrake when the kind young lady in the waiting car had jumped out and was saying she was going to pull in front,

park up out of the way and then we would push it and try and bump start down the nearby service road. So off we set but, try as we might, we couldn’t get it going. Neither of us had any jump leads - as luck would have it, we’d both just recently taken them out of our cars. I live only around the corner though, so she offered to take me to fetch mine to jump start my car instead.

During the short journey to my house, I discovered my angel worked for the NHS - we’d both had our Covid vaccinations. When I remarked about the speed at which she came to help, she replied “oh I’m a farmers daughter, you learn to get stuck in and get things done, there’s no hiding place when there’s chores to be done.” Three stars right there. It was definitely my lucky day.

Neuroscientist Dr Richie Davidson, currently of the Centre for Healthy Minds, has developed a unified theory of the happy brain. His team have identified four independent brain circuits which influence our lasting well-being. Our ability to maintain a happy state, an





ability to recover from negative states, an ability to focus and avoid mind wandering and not least an ability to be generous. Even being helped by others, or simply watching others being helped, can strengthen this fourth circuit to improve our long term wellbeing. Readers of this publication will be fully aware of the potential for Mindfulness practise to engage and develop the three other circuits of well-being. Wider research from Paul

Ekman, John Bargh and others, demonstrates we are pre-programmed for cooperation, compassion and generosity. We can also uncover the importance and benefits of the long-practised Metta Meditation, sending out kindness and positive energy and cultivating an active benevolent interest in others - Wise Selfishness as the Dalai Lama calls it.

Back to my little story and the final stars. Star number four.

Turns out my angel is not only a Mindfulness teacher, but a Mindfulness Now graduate nonetheless! It's meeting people like this, and knowing they are teaching and sharing mindfulness in their corner of the world, that electrifies me. As I continue down the Mindfulness Now Learning Pathway, I'm excited at the thought of being part of the training team that enables other amazing people to teach and share the wonderful gift of Mindfulness. As for star five, well that's Jane's story. So, if you do happen to be reading this article, it was an absolute pleasure to meet you Jane, and thank you so much, not just from me but from all those watching at the busy petrol station. You saved my day and much more, you contributed to all our long-term well-being.

**Jason Hall is a Mindfulness Teacher, NLP Master Practitioner and Development Coach. He is currently taking part on the Mindfulness Now Learning Pathway. You can contact him on [jason@throughmindfulness.com](mailto:jason@throughmindfulness.com)**

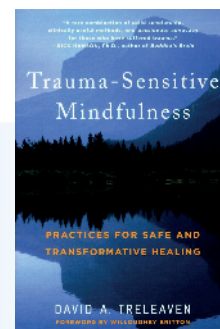




# Book Review

## Trauma-Sensitive Mindfulness; Practices for Safe and Transformative Healing by David.A.Treleaven

Book Review by Hannah Colton



As Mindfulness has become more integrated into western culture there has been an increase in the use of Mindfulness to support a wide range of clients with different needs. More research studies are quantifying the benefits of a regular practice, as well as highlighting that Mindfulness is not suitable for everyone (as with any credible therapeutic intervention).

David Treleaven has created this guide to highlight how common it is to work with a client who has experienced trauma, and how to support them safely in their sessions. This book can sound intimidating, but it is a really accessible guide that doesn't assume you have any previous understanding of the topic. It gently guides you through the topic in two sections: Firstly, discussing the history of mindfulness and trauma, the neuropsychology of

trauma and how for some people, sitting with their difficult experiences can trigger flashbacks and panic ('fight or flight' response). The second chapter offers simple and reassuring guidance on how to adapt your teaching to support your client in noticing their experience and staying within their 'window of tolerance' during meditation (a comfortable mental state which benefits their wellbeing and reduces the risk of re-traumatisation). In my view, this book leaves you feeling informed, confident, and skilled, developing your Mindfulness teaching to give your clients the best chance of benefiting from the sessions.

David Treleaven also has podcasts and free online tools to support more Mindfulness Teachers to work in a Trauma Informed Way. Please visit: <https://davidtreleaven.com>

## ***Mindfulness Now Official 8 week course***

**with Rachel Broomfield**

### **Here's an opportunity not to be missed!**



You might've delivered it in full, or delivered it in part, or just learnt how to deliver it... but have you ever been on the receiving end? Would you like to deepen your experience of mindfulness or do you feel the need to take a bit of a refresher?

If you're already qualified as a Mindfulness Now Teacher or have already attended the course but not yet completed your assignments, then attending our official 8 week programme, online via Zoom, will not only be very rewarding for you personally, but will also refresh your learning and help you to gain those CPD points (normally 14 points or 12 hours annually).

### **The next course details are as follows:**

**June and July 2021 - each Thursday afternoon from 2 until 3.30pm**

**Running from 3rd June until 22nd July**

**Plus: Online Gift Retreat Day - 10am - 4pm Saturday 31st July**

**Total cost = £250**

**Please contact Rachel Broomfield on [rmbmindfulness@aol.com](mailto:rmbmindfulness@aol.com)**

**Rachel will be running this course again on Saturday mornings towards the end of the summer/beginning of autumn. Please email her if you're interested in joining.**

# Continuing Professional Development (CPD) 2021

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 2021, but new events are being added all the time, so please check the relevant websites regularly.

As we come out of the Covid crisis all CPD Training will, for the time-being, be safely conducted in real-time guided, interactive format via Zoom.

Please note individual booking information for each event.

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

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.

## Saturday 3rd July 2021

**Rachel Broomfield and Madeleine Agnew**  
**Working with Children and presenting 'The Mindful Child Programme'**

To meet ever increasing demand for children's wellbeing programmes, including mindfulness, this one-day CPD event will focus on broadening the skills and techniques you have in your 'working with children' toolbox. This course will build upon some of the practical activities shared on the Mindfulness Now course and will bring together practical, fun ideas and child friendly meditations that you can use on an ad-hoc basis or as part of our structured six week programme, The Mindful Child. Both Rachel and Madeleine have wide experience of working with children and presenting to adults and this workshop is open to all qualified mindfulness teachers.

Bookings should be made on 0121 444 1110 or [info@mindfulnessnow.org.uk](mailto:info@mindfulnessnow.org.uk)

## Saturday 11th September 2021

**Hilary Norris-Evans**

**The Therapeutic Relationship: the single most important factor for Hypnotherapists and Mindfulness Teachers**

The Therapeutic Relationship: the single most important factor for Hypnotherapists and Mindfulness Teachers

We shall be looking at The Therapeutic Relationship in depth, including process, the core conditions, empathy, rapport, non-judgement, disclosure, deep listening skills, collusion and reflective practice and why process is far more important than content.

We will look at what the research says.

The course will be a mix of discussion, group and pair work and input from me.

We shall also examine the difference between hypnotherapy and mindfulness and whether the therapeutic relationship is different in Hypno/psychotherapy/counselling and Mindfulness.

Hopefully, by the end of the day, you will have a clearer idea of just how important the therapeutic relationship is and how to achieve the best relationship you can.

I am a pragmatic, passionate teacher/trainer and believe in giving you all the knowledge and experience I've gained over my years as a hypnotherapist, mindfulness teacher and trainer, so that you can be a therapist/Mindfulness teacher of excellence.

Bookings should be made by contacting Hilary Norris-Evans: [getmindfit@hotmail.com](mailto:getmindfit@hotmail.com) or 07887714892.

## Saturday 23rd October 2021

**Nick Cooke**

**Evidence-Based Approaches to Pain Reduction**

There is clear evidence of the effectiveness of mindfulness and other 'talk' related approaches in helping with pain, but just how can we most effectively help? For all mindfulness teachers as well as for therapists, this one-day practical / experiential workshop provides an opportunity to delve a little deeper into this work of vital importance. It covers theory and practice, including some hypnotherapy interventions, with a focus on evidence-based approaches, and assessment methods. A detailed training manual and PowerPoint slides are provided. Some time is also allowed for developmental support and discussion.

Bookings should be made on 0121 444 1110 or [info@cecch.com](mailto:info@cecch.com)

## Saturday 20th November 2021

**Sharon Conway**

**Mindfulness and Mental Health - Integrating Mental Health Awareness and Mindfulness**

This course will enable participants to understand factors that affect mental health and feel more confident about starting mental health conversations. It explores the relationship between mindfulness and mental health and how to look after ourselves. It will equip participants to support someone in distress or who may be experiencing a mental health issue with MHFA England Mental Health Aware. Looking after your own mental health and maintaining wellbeing is an essential part of teaching and leading others. This course will explore mindfulness for healthy minds and participants will develop their own self care plan.

Bookings should be made by contacting Sharon on 07720 426073 or [sharon@wellbeingmind.co.uk](mailto:sharon@wellbeingmind.co.uk)