



# Breathing Space

the learning and development journal  
for all mindfulness teachers & therapists

Summer Issue 2022



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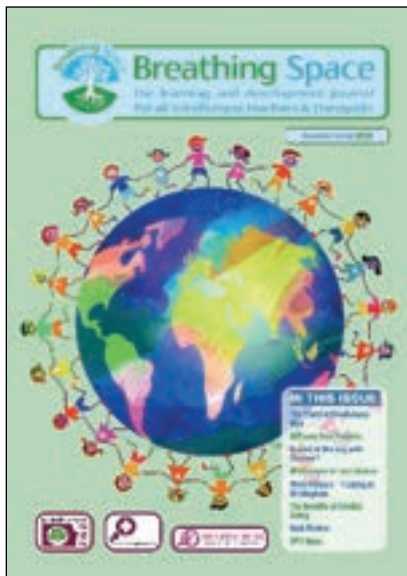
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# Welcome to the summer edition of Breathing Space in 2022!

Hi everyone!

Hope all's well with you all.

Here's our summer edition of Breathing Space. Yes, summer! It doesn't seem five minutes since the winter edition.

As always, there are some great articles in this edition. As you can see from the front cover, there's a bit of a theme going on – The World of Mindfulness Now – as we've realised just how international our Mindfulness Now community really has become. And we're lucky enough to have had Souraya Naamani write about her experiences teaching mindfulness to children in the Lebanon.

Nick Cooke tells us all about Acceptance and Commitment Therapy with the catchy title ACTivate Your Practice (I know, he doesn't improve)! And Tony O'Shea Poon provides the first of two instalments centred around Mindful Eating.

Working with Children is something that people would often love to do but they're put off because they think it's a bit scary. So I've written an article outlining some of the basics in the hope that maybe it'll spur you on and give you the courage to go down that route if that's what you'd like to do.

There's also a book review and details of all our up-coming CPD courses on the back pages.

I'm very grateful to everyone who has given their time to writing for this edition and invite you to write and submit an article or book review of your own. It'll be really good to have your contributions. Thank you.

Hopefully hear from you soon then!

**Please submit your articles to**

[info@mindfulnessnow.org.uk](mailto:info@mindfulnessnow.org.uk)

Rachel Broomfield - Editor - Breathing Space



## Breathing Space

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# The Happy Journey of Mindfulness Now



## How things have really taken off since 2020 Mindfulness Now

With our small network of UK based trainers, we're very privileged to have helped so many along the way become accredited and professionally registered teachers.

**E**ight years after leading our very first Mindfulness Now teacher training programme in Birmingham in 2014, something really wonderful seems to have happened. The world of Mindfulness Now, with its dedicated community of practitioners, teachers and trainers seems to have expanded a little! Perhaps we should not be too surprised that offering a unique British Psychological Society (BPS) course, at a very affordable price, with masses of ongoing support, should have really taken off!

With our small network of UK based trainers, in Oxford, London, North Devon, Manchester, Birmingham and Edinburgh (soon to be in Ireland too at Trinity College Dublin), we're very privileged to have helped so many along the way become accredited and professionally registered teachers.

Pre-Covid, people were enthusiastic to spend a week away from home in the name of training, especially if it involved staying in the pleasant, leafy suburbs of South Birmingham, with our training taking place at the Midlands Arts Centre in Edgbaston, literally just across the road from the world-famous Edgbaston County Cricket Ground. This venue in itself is well-known as one of the liveliest arts centres in the UK. Set in the beautiful surroundings of Cannon Hill Park, this and our other centres around the UK started to attract quite a number of students from overseas.

Then, in March 2020 our working patterns, like those of millions of others, changed completely due to Covid. Being unable to train in-person we had to adapt to running our courses in a live, interactive way via Zoom. This also meant us investing in, and developing online teaching resources, including videos, to support our new online

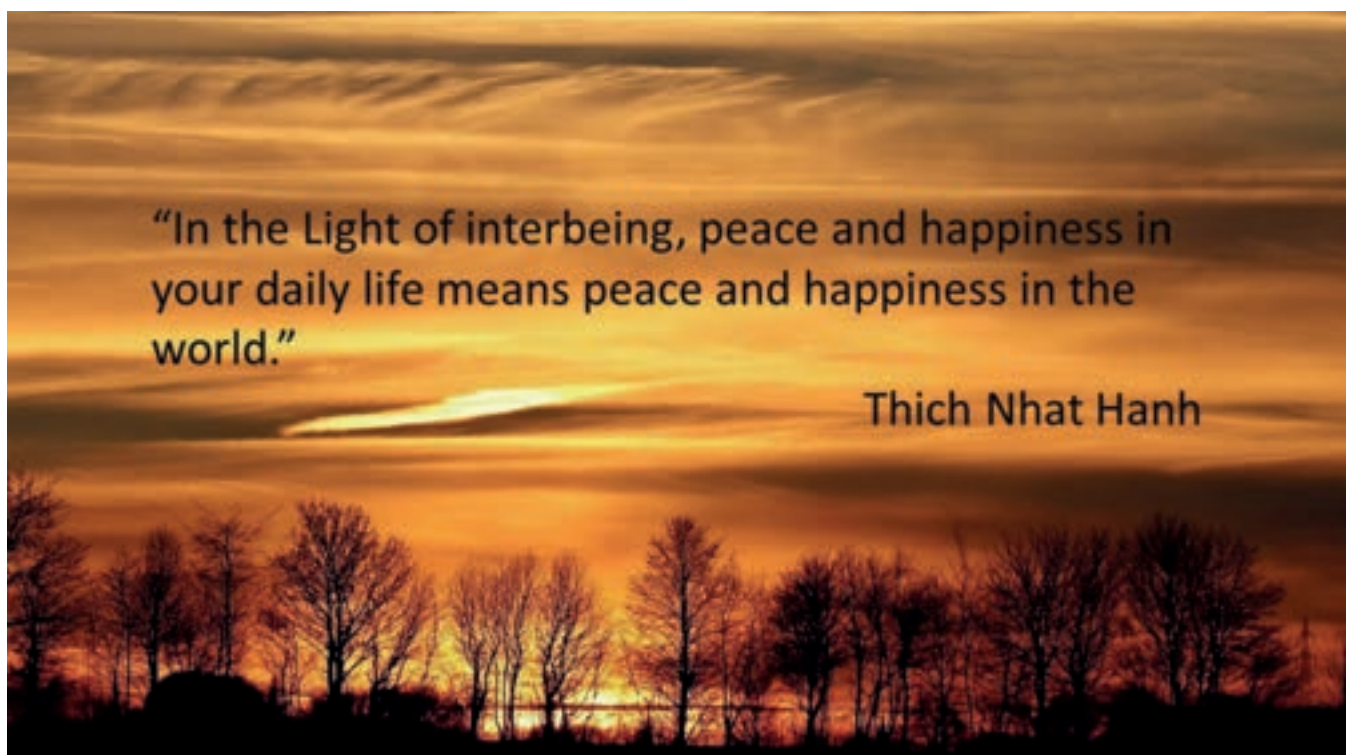


training. We found it hard to believe just how well our online training was received. So much so that students from overseas began training with us in far greater numbers (over 55 countries currently).

Mindfulness Now and its accreditations are internationally recognised and now, it's great to see that our students are beginning to be interested in travelling to our courses in the UK once again. However, we will continue to offer

interactive online, as well as in-person training.

We haven't counted the languages represented but would imagine it's quite a few! We're sharing a few below:



# ACTivate Your Practice

## Surfing the third wave - a little bit of history

Nick Cooke



It can be engaging and playful and teaches us skills to handle unwanted and painful thoughts and feelings in a way in which they have far less significance or negative affect.

**D**uring the last century it has been recognised that there have been three 'waves' of behavioural therapies. The first of these which reached its 'crest' in the 1950s and 60s focused on 'conditioning' which appeared to offer, at long last, a relatively brief way of achieving change, compared with the earlier Freudian analytical approaches, which were far from brief and in some cases extended over many years of work. Since this early work on conditioning tended to ignore thoughts and feelings, this led to criticism that behaviourists treated their clients rather like laboratory animals – (Pavlov ring any bells here?), or like robots that could be programmed.

The second wave of behavioural therapies emerged in the 1970s when cognitive approaches relating to challenging or disputing irrational thoughts, emerged. This led to focus on how thoughts, feelings and behaviours can control our lives and how by examining them and the links between them we may learn to change our responses in a positive way. Cognitive

Behavioural Therapy (CBT) dominated this second wave and was rigorously tested in many positive scientific studies.

ACT belongs to what is known as the 'third wave' of behavioural therapies – also known as mindfulness based interventions or (MBIs). These came into prominence in the late 1980's and 90s and includes: Mindfulness Based Cognitive Therapy (MBCT) and Dialectic Behaviour Therapy (DBT). My own development of the 'Mindfulness Now' programme would also fit within this third wave, as would many other new programmes.

ACT (Acceptance and Commitment Therapy) is pronounced as the word 'act' for good reason. It's about taking action. It was developed in the USA by psychologist Steve Hayes, along with his colleagues Kelly Wilson and Kirk Strosahl. The original body of work has been further developed and expanded by others, including Dr Russ Harris who has authored a number of well-respected books including the self-help guide 'The Happiness Trap'.

Steve Hayes, describes ACT as an 'oddly counterintuitive model of work'. It can be engaging and playful and teaches us skills



to handle unwanted and painful thoughts and feelings in a way in which they have far less significance or negative affect. Mindfulness skills are brought into play here.

It also takes the view that, irrespective of the number of symptoms we have, or how serious those are, provided that we respond to them in a mindful way we will feel happier and better able to function. Unwanted symptoms do 'miraculously' tend to reduce, even though this is not the primary aim!

ACT has been scientifically researched and proven to be effective in helping people with a wide range of issues including: anxiety, depression and chronic pain. Even those with severe

delayed enthusiasm:

- 30 years ago ACT seemed to fly in the face of conventional psychological theory in the sense that most approaches aimed to reduce unwanted symptoms. ACT takes a very different approach and one that is much more focused on the idea that quality of life is primarily dependent upon mindful, values-guided action
- ACT is a mindfulness based intervention and 30 years ago these were in their infancy and seen as a little way out!
- The original writings on ACT were peer reviewed as being 'overly complex'. Heavy on rather complicated theory but light on practicalities



psychiatric disorders including schizophrenia have gained remarkable benefit. It has also produced similarly high levels of success with some of the less serious conditions which we may encounter in our day-to-day work, such as smoking cessation, weight reduction and reducing stress. The high level of supporting scientific evidence has ensured that ACT has grown in popularity as a form of psychological treatment around the world.

### 30 years in the making

It's taken a while to get there. The original development of ACT was around 30 years ago and yet it was not until nearer to 10 years ago when it began to find its current high level of popularity. There are a number of reasons for this

### The ACT acronym

ACT is sometimes seen as a rather large model but the real beauty of it is the way that it can be simplified and easily explainable to clients. I favour this very simple acronym which sums it up neatly.

**A**= Accept your thoughts and feelings and be present.

**C**= Choose a valued direction

**T**= Take action!

Key themes of ACT include developing psychological flexibility, encouraging self-awareness and examining beliefs and values. Here we encourage our clients, rather like we would in a coaching exercise, to explore their innermost beliefs and values. What would they live and die for? What would they say is their life purpose? Translating this into a behavioural context,

what qualities of ongoing action matter? How do clients want to behave on an ongoing basis?

Clients are taught how to 'defuse', or separate from their unwanted thoughts, emotions and mental pictures. They learn how to observe them more passively or step back and view them from a distance, rather like clouds passing by in the sky. ACT employs a number of different styles of metaphor, which are often a great way of teaching clients in an indirect and more acceptable manner.

### Training course

ACT is being taught as a one-day course on Saturday 26th November 2022 (see below). This energetic, workshop style training is great for hypnotherapists, mindfulness teachers, counsellors and coaches and is one of the ways that they can achieve their annual continuing professional development (CPD) requirement.

With a full set of notes and slides the course teaches the primary structure and protocols of ACT, including:

- Six core principles – of psychological inflexibility – an ACT model of psychopathology
- Six core principles – for psychological flexibility – core therapeutic processes of ACT
- Scripts and script development ideas
- Templates for worksheets
- Metaphors for creative interventions
- A session by session approach with ACT
- Guide to integration with other therapeutic approaches

**Nick Cooke is presenting a one-day CPD training on ACT on Saturday 26th November 2022.**

**Being presented in a live, interactive format on Zoom, timings are 10.00 AM to 5.00 PM.**

**The fee is £130 to NCH members and £160 to non-members. Places are strictly limited so please book early by contacting Rachel at Mindfulness Now (CEC) on 0121 444 1110 or emailing [info@mindfulnessnow.org.uk](mailto:info@mindfulnessnow.org.uk)**

# Mindfulness Now in The Lebanon



The challenges and triumphs of working with underprivileged children in this part of the world

**Souraya Naamani**

The kids... enjoyed the safe space the centre offered and the calming effect of the sessions in a new and embracing setting.

come from a small country in the Middle East where I believe we would benefit a lot if we adopt a mindful approach to life. Lebanon has gone through a lot in the last couple of years. The wars in the area around my country have caused a flood of refugees seeking safety, the pandemic added to the hardships then the economy crashed changing the standards of living of many people and to top it all, we witnessed a huge



blast in August 4, 2020 that affected the whole country on the physical and psychological level. I had to find a safe haven, a way for me to channel all the stress I am going through, and that's how I signed up for the Mindfulness Now teacher training course. I had in mind to help myself in the first place by developing skills that can aid me in looking at things from a different perspective and then be useful to my community and share my knowledge.

When I was asked what I studied in the course, I mostly got a reply of "Oh! So, is it some sort of yoga? Are you like a life coach? Is it therapy? You teach meditation?... Although mindfulness practices are widespread in Lebanon, I believe it has not been acknowledged yet as an approach on its own without the practice of yoga or group meditations in wellness centres or as an





integrated part of therapy sessions.

Personally, I am mostly interested in introducing mindfulness to children and teens. In fact, I have volunteered so far in two NGOs that target refugees and underprivileged communities. One NGO offers yoga classes for disadvantaged communities with the aim of promoting mental health, empowerment and peace; I have assisted the yoga teacher in teaching mindfulness as part of the session for a group of kids 8 to 12 years old. The kids were very responsive during the sessions. They enjoyed the safe space the centre offered and the calming effect of the sessions in a new and



embracing setting. They looked forward to having mindfulness games, art activities and short meditations and learned the importance of breath for the body and mind. At the end of the sessions, I have witnessed how the kids blossomed and started incorporating into their lives the mindfulness attitudes that they have learned. A little girl was so taken by the meditation that she started moving her arms as if she is flying when visualizing herself a butterfly in the forest.

Furthermore, I was very happy to develop a tailored program to teach mindfulness for a group of teens in an NGO that offers support to families facing severe economic hardship, providing education, health and psychological services. The head of the centre was excited to introduce mindfulness sessions to a group of teens in their premises. She strongly believed it could help them cultivate good coping skills and instil calmness in them among all the hassles and hardships their communities suffer from. One experience that bewildered me is their reaction to the raisin meditation. I have brought with me a caramel candy and they were

so taken by the experience. I can say that the kids understood what mindfulness is by experiencing it. They were excited to share with me in our next meeting how they have thought of the raisin meditation when they had their meal at home and how it changed their perspective when eating. This experience proves how much kids are open to learning new skills that can rewire their brain in regards to different aspects of life.

I believe I have a lot to offer to my community. I am looking forward targeting schools by the beginning of next year starting with the teachers to introduce mindfulness to the culture of educational institutions so that students as a result benefit as well.

What is challenging nowadays is the lack of funding due to the economic situation in Lebanon; institutions are trying to survive the economic crisis rather than venture into new expenses, which makes it difficult for me to offer mindfulness sessions. I hope there will be better days in my country and I can share my knowledge as much as I can for the greater good of all. What I am sure of, based upon my so far limited experience in working with underprivileged communities, is that mindfulness is for ALL.





# Mindfulness and Children



Are you just a big old scaredy pants when it comes to working with children?!

**Rachel Broomfield**



A common perception is that, because they might not have a background in the education system people might find working with children difficult.

**T**his is a common scenario. People have the desire to take mindfulness out into schools or to work with children on a one to one basis but, for a variety of reasons, they believe they don't have the skillset or just simply lack confidence in this area. A common perception is that, because they might not have a background in the education system they would find it difficult.

Hopefully, I'm here to inspire you and say 'yes, you can do it!' Have trust!

Now, I'm not saying that working with children is easy. Far from it. But it can be incredibly rewarding. So keep reading.

**Children are the same... but different.**

First things first, and as I always say on the teacher training, try to remember that children are just mini adults... or

should that read 'adults are just grown up children'?! In other words, children have complex feelings such as anger, frustration, anxiety, fear, jealousy, embarrassment and sadness just as adults do. It's just that their brains are a little different to adult brains, so they see and experience the world a bit differently. The line between reality and imagination is much fuzzier in children so any activity which stimulate this part of their thinking will work wonders.

**Communication, communication, communication.**

Secondly, remember that Communication is key. When working with children, you're not going to use the same kind of vocabulary as you would with adults. What's the acronym? KISS – look it up if you're not sure. Do you need to 'get down wiv da kids'? No. Just be yourself but keep it simple. Children easily see through someone who's trying too hard. Establish a good rapport, as



you would with anyone, by asking questions related to the things that interest them, the things that they're finding challenging, what they'd like to have a bit of help with and you'll soon be on the way.

### **The real secret to success is Enthusiasm.**

No matter what you're teaching children, another key concept for you to remember is enthusiasm. If you are naturally enthused with the subject of mindfulness and all the ways it can help, and you show this by the way you convey yourself and teach, then this will probably have more of a lasting effect in the children's minds. What's the phrase? Knowledge is power but enthusiasm switches the switch.

### **Role models don't tell you, they show you.**

I'm sure we all remember our favourite teachers at school. What made them feel special to you? Was it the love of their subject that sparked an interest in you? Was it that they had a great sense of humour and made you laugh? Was it that they made a connection with you in some way? They somehow understood you. Whatever it was, see if you

can 'step into their shoes' a little when you're working with children. See if you can have the same kind of effect.

### **Perfectly Imperfect!**

Please, whatever you do, take the pressure off yourself and expect that things probably ain't going to go according to your beautifully drawn up plan. It's great that you have a beautifully drawn up plan, of course, but just accept that children are very



unpredictable. So be prepared to change things as you go along and trust that all will be well... whatever happens!

Just a few simple pointers that I hope will send you in the right direction and hopefully make you think that yes, you can perhaps work with children after all. Good luck!

**Alongside Madeleine Agnew, Rachel will be presenting a CPD**

**day on Working with Children in July.**

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.

**Saturday 9th July 2022 - 10:00 – 16.30**

**Working with Children and presenting 'The Mindful Child Programme'**

**Live Online via Zoom**

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



# PHOTO FEATURE

## Just Being - at the Midlands Art Centre, Birmingham

It's all been happening at the Midlands Arts Centre in Birmingham recently! We had our Mindfulness Teacher Training week take place at the end of April and then one of our graduates, Kelly Saward (you might remember her writing an article for Breathing Space a few editions ago) organised an informal meet-up for all in our Mindfulness Now community to come along to on 5th May. The day involved lots of relaxed social time interspersed with meditations. And the sun shone all day long. The event was a huge success and we're planning on organising more in the future so watch this space. Thanks Kelly for organising it!

We're so lucky to have this venue as our home now. People who joined us said it felt just like they were on holiday.





# Mindful Eating Will Change Your Life

In this first of two articles, Tony talks about the need for mindful eating and the six stages involved.

**Tony O'Shea Poon**



With a mindfulness-based approach, we are not just helping our clients to manage their weight, we are helping them to transform their relationship with food and with their bodies for the rest of their lives.

**W**hile eating is essential to life and can bring great joy, in affluent nations in modern times we have developed many difficulties with our food, caused by a multitude of individual and societal factors. Different illnesses and disorders are associated with over-indulging or with depriving ourselves of food. Anorexia, bulimia, binge-eating and food avoidance are some of the better-known conditions, often associated with emotional distress and sometimes with obesity, diabetes or malnutrition.

Like mindfulness in general, mindful eating is starting to become more visible, with many chefs, dieticians and mindfulness teachers starting to specialise in this approach to help people lose weight, gain weight or learn to be happier as they are.

There's a great demand to support clients with weight management challenges and a mindfulness-based approach is completely different to the usual dieting and exercise advice they may have received.

## Six Stages of Mindful Eating

Mindful eating isn't just about eating. There's a whole lot going on before and after we eat that's very much a part of our eating habits and patterns and can be a part of our enjoyment and appreciation of food. I find this six-stage model helps clients to see the bigger picture.

### Stage 1: Awareness of Hunger

The first stage is awareness of hunger or awareness of the need to shop for food or to prepare food in advance. We have an opportunity here to connect with our body and mind and understand



what stories we are telling ourselves about what we need.

### Stage 2: Choosing

The second stage is the active choosing of what to eat, buy or prepare. Here we can make decisions based on our understanding of the impact of food on our body and mind, as well as the impact on other people, animals and the environment.

### Stage 3: Preparing

Thirdly, we have the action of preparing, cooking and serving food. Instead of seeing this as a chore, this action can be infused with presence and generosity as we take time to appreciate cooking for its own sake and anticipate eating.

### Stage 4: Gratitude

The important fourth stage of giving thanks comes next, gratitude for the food we have to eat and for all the people involved



and all the things that have had to happen in order for the food to be in front of us.

### Stage 5: Eating

At last we get to eat! We do so with full presence and awareness of the sights, sounds, textures, smells and tastes of the food we are chewing and ingesting. Two of the most important skills in mindful eating are learning to slow down and paying full attention.

### Stage 6: Appreciating

Finally, we get to appreciate what we have had and the effect of the food on our thoughts, emotions and bodily sensations. A key skill

here is knowing when we have had enough and being able to stop.

### Does it Make a Difference?

Working with clients on weight management can be very challenging but it also comes with great rewards. With a mindfulness-based approach, we are not just helping our clients to manage their weight, we are helping them to transform their relationship with food and with their bodies for the rest of their lives. This work really can and does change lives and I look forward to sharing some success stories with you in the next edition.

## Useful Resources

Mindful Eating 6-Step Programme for Weight Management

Eat Well • Love Yourself • Lose Weight

<https://mindful.me.uk/6steps/>

British Dietetic Association, Mindful Eating: Food Fact Sheet

<https://www.bda.uk.com/resource/mindful-eating.html>

The Centre for Mindful Eating

<https://www.thecenterformindfuleating.org/>

Tony O'Shea Poon is a Hypno-Psychotherapist, Mindfulness Teacher/Tutor and Coach based in London. He will be running an online CPD Day 'Mindful Eating for Weight Management' on 17th September 2022. This day will be based on Tony's successful Mindful Eating 6-Step Programme, which combines mindfulness, visualisation, coaching and movement to support people to take control of



their weight. Tony will share information about the six steps, which include letting go of the past, believing in the future and learning to love yourself and your body. He will also share some of the mindfulness practices and visualisations developed specifically for this programme.

During the day, we will examine the eating cycle, which helps us to address key questions with our clients such as; why do they eat?, when do they eat?, what do they eat? and how do they eat?, and we will learn the six core skills of mindful eating that everyone can learn to cultivate joyful awareness while eating. By the end of this day, you will have the knowledge and tools you need to develop your own mindful eating support or to incorporate it into the ways you already work with individuals or groups.

Bookings details can be found on the back pages.

## Book Review

### The Midnight Library - Matt Haig

Book Review by Hannah Galliers

Beyond our world, somewhere between life and death there is a library. A library with every possible version of our lives to be played out. Nora Seed is full of despair about her ordinary life. She feels hopeless and lost. A very relatable character as I'm sure most of us have found ourselves stuck from time to time with family problems, job problems, worries and fears. She decides to take her own life and ends up in the Midnight Library. She is able to replay any moments in her life that she holds with regret or how she feels things should have ended such as becoming an athlete, being married or becoming famous.

This funny yet conscious book can make us look at our own worries. As Nora checks out all these

different versions each has its own problems, and nothing is without struggle. She tries tens of thousands of versions before realising that she had everything she needed in her original life. This realisation is something we can all relate to as mindfulness practitioners. Bringing awareness to what we already have and expressing gratitude for it. Life will never be without struggles but after every long night the sun always rises.

The audiobook is currently free with an audible subscription.





# Continuing Professional Development (CPD) 2022

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 2022, but new events are being added all the time, so please check the relevant websites regularly.

**\*\* Each CPD Event states whether it will be taking place Live Online via Zoom or in-person \*\***

**\*\* Please note individual booking information for each event \*\***

## Booking information

Please see individual entry on how to book and unless otherwise stated 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 18th June 2022

**Sharon Conway**

**Mindfulness and Mental Health**

**Live Online via Zoom**

**10:00 - 17:00**

This course raises awareness of mental health, it combines the Mental Health Aware course from MHFA England with Mindfulness studies and research to support mental ill health:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue
- Everyone who completes the course gets:
  - A certificate of attendance from MHFA England to say you are Mental Health Aware
  - A manual to refer to whenever you need it
  - A workbook including a helpful toolkit to support your own mental health
  - A personalised Self-care plan

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

## Saturday 9th July 2022

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

**Live Online via Zoom**

**10:00 – 16:30**

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 20th August 2022

**Rachel Ashcroft**

**Mindfulness with Teenagers CPD**

**Live Online via Zoom**

**10:00 - 16:30**

With mental health problems on the rise, it is said that around half of all lifetime mental health problems start by the mid-teens and three-quarters by the mid-twenties, according to documentation published by Public Health England, 2019.

The Mindfulness with Teenagers CPD addresses the current mental health crisis, potential triggers and risk factors to be aware of and ways in which we, as mindfulness teachers, can best support them through some of their most turbulent years. The day will involve lots of practical mindfulness activities that have been shown to be highly effective within this age range.

This CPD is delivered by mindfulness trainer, experienced former school teacher and mindfulness facilitator at Birmingham City University, Rachel Ashcroft.

Bookings to be made via the following booking link:

<https://mindfulnessnowmanchester.org.uk/product/mindfulness-with-teenagers-cpd-online-20th-august-2022/>

## **The Official Mindfulness Now 8-week Course September/October 2022**

**Rachel Broomfield**

**Live Online via Zoom**

**Each Thursday Afternoon 2 – 3.30**

**1st September to 27th October**

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 the equivalent of two days' worth of CPD.

Total cost = £250

Please contact Rachel Broomfield on [rmbmindfulness@aol.com](mailto:rmbmindfulness@aol.com) or by filling in the contact form here: <http://www.rmbhypnotherapy.com/booking-8-week-course.html>

### **Saturday 17th September 2022**

**Tony O'Shea-Poon**

**Mindful Eating for Weight Management**

**Live Online via Zoom**

**10:00 – 16:30**

The causes of being overweight or underweight are often multi-faceted and complex, but with the right kind of support and skills training, many people can transform their relationship with their body and with the food they consume, leading to greater happiness and health.

This CPD day is based on Tony's successful Mindful Eating 6-Step Programme, which combines mindfulness, visualisation, coaching and movement to support people to take control of their weight. Tony will share information about the six steps, which include letting go of the past, believing in the future and learning to love yourself and your body. He will also share the mindfulness practices and visualisations developed specifically for this programme.

During the day, we will examine the eating cycle, which helps us to address key questions with our clients such as; why do they eat?, when do they eat?, what do they eat? and how do they eat?, and we will learn the six core skills of mindful eating that everyone can learn to cultivate joyful awareness while eating.

By the end of this day, you will have the knowledge and tools you need to develop your own mindful eating support or to incorporate it into the ways you already work with individuals or groups.

Bookings should be made at

<https://mindful.me.uk/classes-and-courses/>

### **Saturday 15th October 2022**

**Madeleine Agnew**

**Teaching Mindful Parenting**

**Live Online via Zoom**

**10:00 – 16:30**

Please get in touch with Madeleine direct for further details. Bookings can be made via Madeleine Agnew on 07812 018 645 or [info@devonmindfulness.com](mailto:info@devonmindfulness.com)

### **Saturday 26th November 2022**

**Nick Cooke**

**'Getting your ACT together'**

**Live Online via Zoom**

**10:00 – 17:00**

A practical workshop day exploring Acceptance and commitment Therapy (ACT), which is a wonderful, creative and dynamic way of bridging the teaching of mindfulness with a powerful therapeutical model of working. With a strong scientific evidence base, ACT provides engaging ways to help develop our therapeutic relationship. Great for mindfulness teachers, therapists, counsellors, NLP Practitioners and life coaches, ACT was originally developed as an approach to individual therapy work that could be targeted to certain specific issues including depression, anxiety and stress, addictions and eating disorders.

One of its originators, Steve Hayes, describes ACT as an 'oddly counterintuitive model of work'. It can be engaging and playful and teaches us skills to handle unwanted and painful thoughts and feelings in a way in which they have far less significance or negative affect. Mindfulness skills are brought into play here. It also helps us focus on, and clarify our values – whatever is truly important to us, and then to utilise that knowledge to inspire us to set appropriate goals, engaging us to move forward and achieve a richer and more meaningful life.

Bookings can be made by phoning 0121 444 1110 or by email at [info@mindfulnessnow.org.uk](mailto:info@mindfulnessnow.org.uk)