



Breathing Space

the learning and development journal
for all mindfulness teachers & therapists

Issue 37

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Breathing Space

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Welcome to Issue Number 37!

Hello lovely readers,

Well, what a mix we have for you this time—grab a cuppa, take a deep breath (mindfully, of course), and settle in for another nourishing issue. In our first article, *Joining the Dots*, Nick Cooke explores how mindfulness, Compassion Focused Wellbeing, and hypnotherapy can come together in a beautifully integrative approach to provide more tools in our therapeutic toolkit.

Next up: CPD & Supervision—yes, it's the backbone of good practice (and let's be honest, we all need a reminder to book in that overdue supervision session). Our CPD News roundup on the back pages will help keep your diary well-fed with inspiring opportunities.

Mindfully Messy Parenting is a gem – Rachel McKenna offers an honest and heartwarming reflection, sharing how becoming a parent transformed her understanding of calm—revealing that true mindfulness isn't about perfection, but presence (even when there's glitter on the dog). And to balance the chaos, we offer you a Mindful Poem by Kjersti Evensen, because a pause and a poem can do wonders for the soul.

We're also taking a moment to reflect on our Celebration Day 2025! Which, yet again, turned out to be a truly heartwarming gathering. Whether you joined us in person or in spirit, thank you for being part of the joy and connection—it really was a day to remember.

Looking to refresh your knowledge or deepen your practice? Check out the Mindfulness Now 8-week course - a steady, supportive way to reconnect with your practice.

And lastly, don't miss our Book Review of *The Way of Acceptance – A Practical Guide to Dealing with Life* by Jonathan Gibbons. It's insightful, grounded, and might just shift how you meet life's stickier moments!

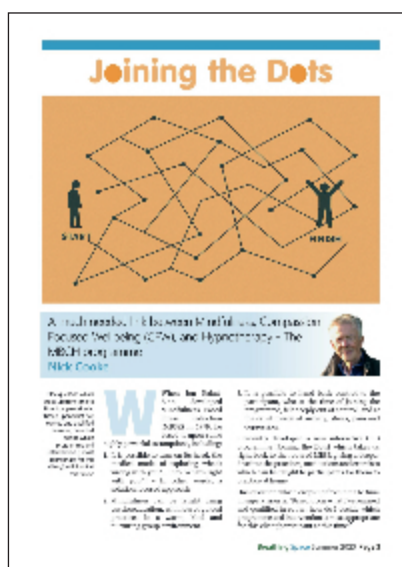
Thanks as always for reading, reflecting, and showing up—messy, mindful, and marvellous!

All good wishes,

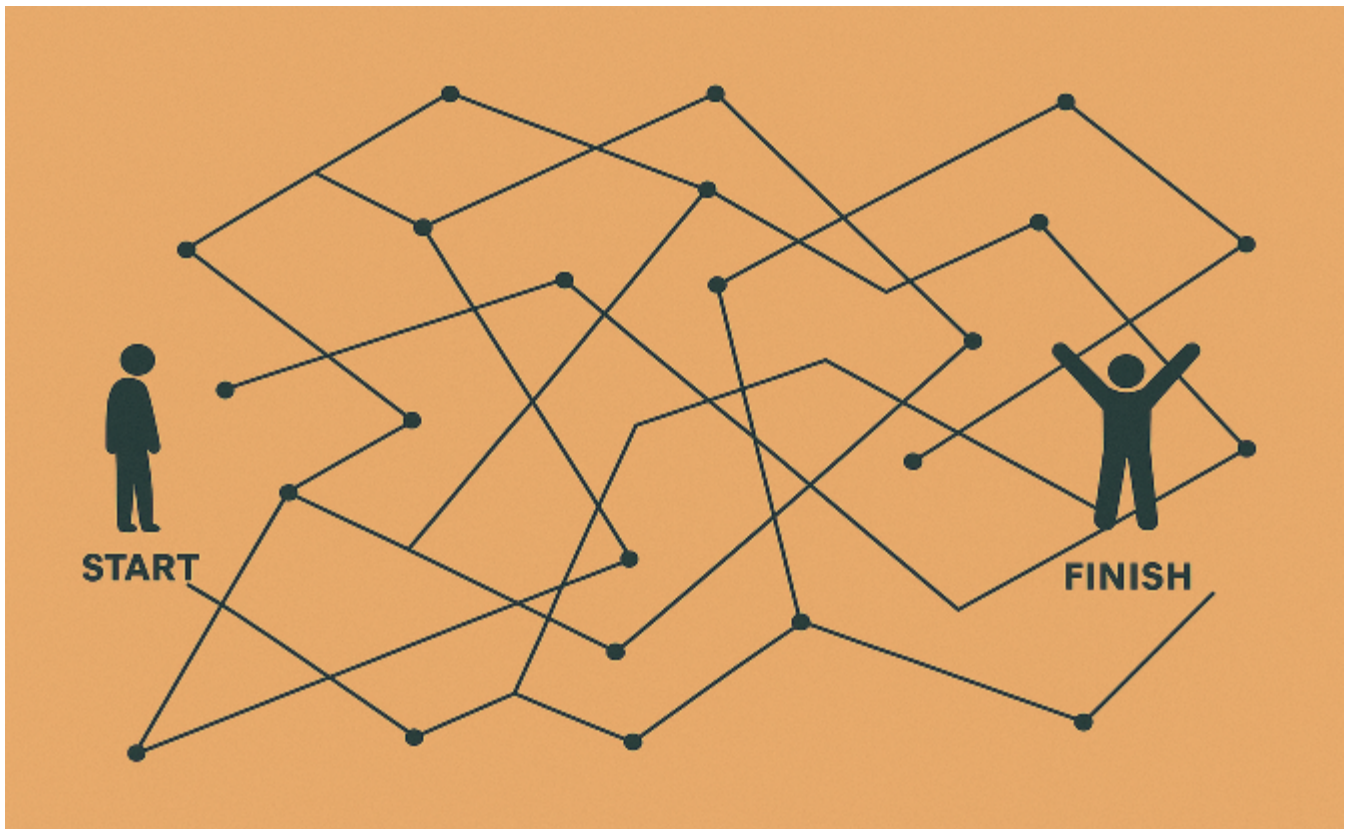
Rachel

Please submit your articles to

info@mindfulnessnow.org.uk



Joining the Dots



A much needed link between Mindfulness, Compassion Focused Wellbeing (CFW), and Hypnotherapy - The MBCH programme

Nick Cooke



One question which crops up from time to time in supervision is: 'Based upon what I've learned and qualified in so far, how do I decide which programme and intervention is most appropriate for this client/participant at this time?'

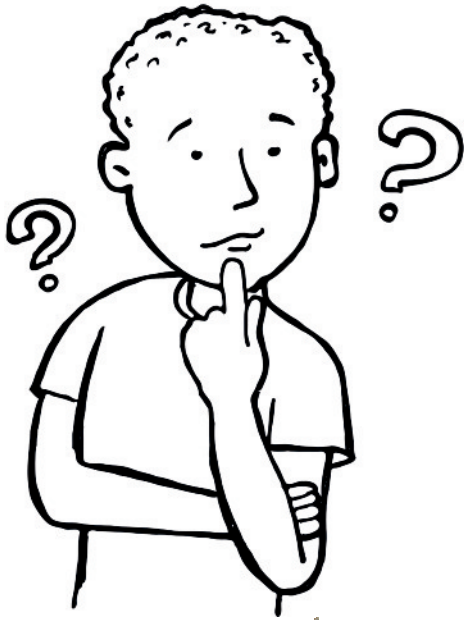
When Jon Kabat-Zinn developed Mindfulness Based Stress Reduction (MBSR) in 1979, he based it upon some highly powerful assumptions, including:

1. It is possible to turn on its head, the medical model of exploring 'what's wrong with you?', into 'What's right with you?!' – In other words, a solution focused approach
2. Mindfulness can be taught using psychoeducation, with lots of guided practices in a warm, kind and nurturing group environment.

3. It is possible to hand back control to the participant, who at the time of joining the programme, felt deeply out of control, and at the cruel mercy of anxiety, stress, pain and depression.

I recently developed a new interactive CPD programme (Joining the Dots) which takes us right back to the roots of MBSR giving a deeper dive into the practices, meditations and exercises which can be taught to participants for them to practice at home.

One question which crops up from time to time in supervision is: 'Based upon what I've learned and qualified in so far, how do I decide which programme and intervention is most appropriate for this client/participant at this time?'



In truth this is not necessarily straight forward. Experience and intuition play a huge part but these are a few ideas from my own experience which may be helpful:

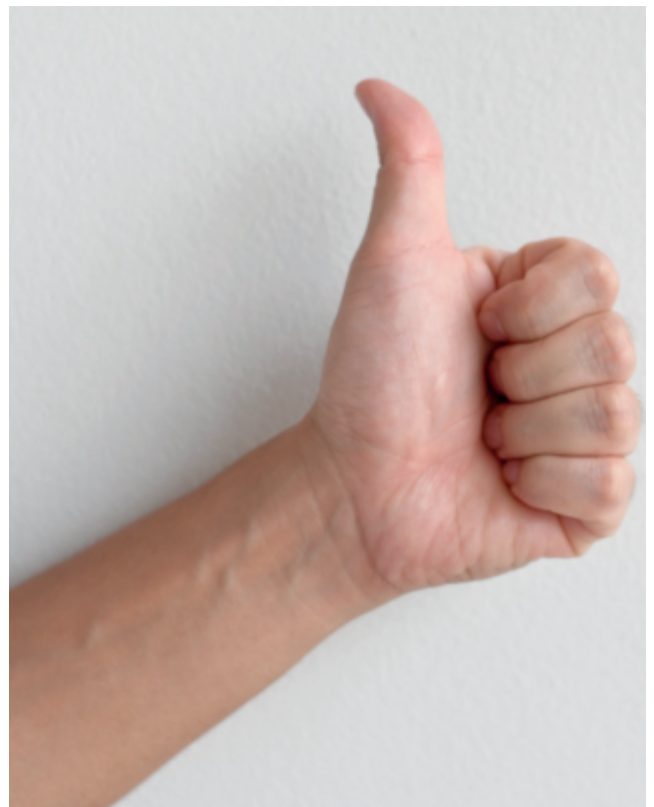
- Actively listen and do your best to understand what your client really wants - translating what they don't want into what they do want sounds obvious, but psychology teaches us that we get more of wherever our thoughts go. This also helps to build rapport.
- Generally, I take Jon Kabat-Zinn's lead and encourage a 'Solutions Focus'. We could focus on the 'problem' for evermore and still not find a solution, whereas questions such as, 'What do you like doing?', 'What are you good at doing?', 'What works well for you?', 'How can you do more of what works well for you?' – are all powerful, positive and creative.
- Be very open minded and flexible in your approach. Yes, of course, have a plan based upon the needs of your client or you may end up with random chaos. However, sticking to a 'therapy plan' come what may, will most probably be too rigid an approach. Guide your client through the 'River of Integration'*, steering safely between 'utter chaos' on one side and 'Rigidity' on the opposite bank.
- Future Pace – use the 'Miracle Question – 'While you are asleep tonight a miracle happens and your problems / issues are miraculously solved. When you wake in the morning what are the things that you notice that represent your solution?'
- Make the sessions gentle, light hearted, and, if at all possible, playful. Key essentials are kindness, compassion, warmth, curiosity and creativity.
- Siegel D. 2010 Mindsight - Transform your brain with the new science of kindness'

'Joining the Dots' is an invitation to join other students and graduates, explore the connections between talking therapies, and in particular, hypnotherapy (MBCH), as well as the teaching of Compassion Focused Wellbeing, and the teaching of mindfulness through the Mindfulness Now programme – with the opportunity to learn, discuss and practise:

- Safe and ethical practices for mind/body healing
- Creating healing visualisations
- Evidence based self-directed neuroplasticity for self-compassion
- Creating metaphors based upon the client's own experiences
- Briefer approaches to mindfulness teaching and talking therapy

The one-day course will also contain some new and adapted visualisations/meditations which be useful with Mindfulness, Hypnotherapy or Compassion Focused Wellbeing. The style will be practical / interactive with 'learning through practise', as well as lots of discussion, so if you are looking for opportunities to practise, this course could well be for you.

Nick Cooke is leading a CPD day entitled 'Joining the Dots' for all talking therapists, including teachers of mindfulness as well as Compassion Focused Wellbeing, and hypnotherapists, live, interactive on Zoom on Saturday 29th November 2025 from 10.00 AM to between 4.30 and 5.00 PM.



The Importance of CPD and Supervision



The Importance of Attending CPD and Supervision Sessions with Mindfulness Now / UK College of Mindfulness Meditation

CPD fosters reflective practice. As we encounter new challenges and diverse client needs, engaging in CPD allows us to reflect on our approach, adapt mindfully, and continue to offer interventions that are both safe and impactful.

In the ever-evolving world of mental health, wellbeing, and holistic practice, the role of continuing professional development (CPD) and supervision has never been more vital. For practitioners trained in mindfulness-based approaches, particularly through the Mindfulness Now programme and the UK College of Mindfulness Meditation, these ongoing commitments are not just a professional obligation—they are a cornerstone of ethical, effective, and compassionate practice.

Mindfulness, rooted in ancient contemplative traditions and supported by robust scientific evidence, is more than a

technique; it is a way of being. As mindfulness practitioners, we are invited to embody the very principles we teach: awareness, non-judgment, compassion, and presence. Regular CPD and supervision provide the space to deepen this embodiment, refine our skills, and stay connected to a like-minded community that supports both personal and professional growth.

Why CPD Matters

CPD (Continuing Professional Development) allows practitioners to stay up to date with the latest research, methodologies, and developments in the field. Through CPD sessions offered by the UK College of



Mindfulness Meditation, practitioners are exposed to a wide range of topics—from trauma-sensitive mindfulness and compassion-focused approaches to creative ways of working with groups and individuals. These sessions not only enhance knowledge and skills but also help practitioners feel inspired and reinvigorated in their practice.

Moreover, CPD fosters reflective practice. As we encounter new challenges and diverse client needs, engaging in CPD allows us to reflect on our approach, adapt mindfully, and continue to offer interventions that are both safe and impactful. It's also a mark of professionalism and integrity—demonstrating our commitment to the highest standards of care.

The Role of Supervision

Supervision is a confidential, supportive space where practitioners can bring their experiences, questions, and challenges. Whether newly qualified or highly experienced, mindfulness teachers benefit immensely from regular supervision. The supervision model endorsed by Mindfulness Now is collaborative, compassionate, and deeply aligned with mindfulness values.

Through supervision, practitioners receive guidance on ethical dilemmas, emotional challenges, and the interpersonal dynamics that arise in teaching or therapeutic contexts. It's also a place for self-care—helping practitioners avoid burnout, maintain boundaries, and nurture their own mindfulness

practice. As the saying goes, “You can’t pour from an empty cup,” and supervision helps ensure that cup remains full.

A Community of Practice

Perhaps one of the most profound benefits of engaging in CPD and supervision with the UK College of Mindfulness Meditation is the sense of connection. Practicing mindfulness can, at times, feel isolating—particularly in solo or remote work settings. These sessions create a sense of belonging within a wider community of practitioners who share similar values, challenges, and aspirations.

Attending CPD and supervision sessions with Mindfulness Now and the UK College of Mindfulness Meditation is far more than ticking a box—it's an act of ongoing learning, integrity, and self-nourishment. For those dedicated to offering authentic, evidence-based mindfulness, this commitment supports not only professional excellence but also personal transformation.





Mindfulness Meets Parenthood: Finding Calm in the Chaos (and Glitter on the Dog)!

Rachel McKenna



Mindful parenting isn't about a calm, serene household, but one that navigates the ups and downs, the highs and lows, the glitter and the chaos.

You're a mindfulness teacher?! Wow, I bet your house is so lovely and calm!"

Yes. Yes it was. Rewind four years, before the arrival of my lovely little boy, and yes, my house was lovely and calm (the kind of calm involving scented candles, music playing and time to drink a hot cup of tea!). But I think if we're all really honest with ourselves, no matter how much mindfulness we can cultivate into our lives... children coming along can make it a little more, well, messy?!

For some time now, I have considered myself fairly calm and collected. I can step back from (most) triggering situations, take a breath and then respond. I understand how meditation and daily 'tuning-in' can help me

to ground, reconnect and regulate... but what about when you step on the LEGO?!

What about when you've prepared a nutritious meal for your child and he tips it in the bin when you're washing up?! What about when you see them pour glitter onto the dog (who is now looking at you like a sparkly unicorn with a look of 'really, mum?!').

I suppose it is fair to say that I've had to 'unlearn' a few things. The first being that I can create calm within my household at all times. Don't get me wrong- the peaceful moments do happen- but they rarely involve drinking a cup of tea in its entirety!

The second being that 'I am more mindful than my child!'. This was the



biggest learning curve- who knew that children are innately mindful and that it is us, the wise old adults, who rush them out of it to speed up our morning routines when they are quite happily examining their breakfast and giggling at the dog rolling around on her back 'like a worm'?

And finally, I had to learn that mindfulness can look a little messy at times... and that's ok.

Taking a step back from what I feel mindful parenting should look like, and embracing what it actually is, has been an eye opener.

I don't need to stop the meltdown in its tracks. I just need to be there. Present. Holding space for the emotion to happen, validate his feelings and let him know I understand. We have this thing where I say 'find your nose' and he touches his nose and we take a few breaths together. This works a treat.

I also became aware of how often I said 'quick, quick, quick!' when trying to leave the house. We now counteract this with 'slow, slow, slow' time when doing other activities- recognising that there is a time and a place to be a little quicker- but more importantly, slower.

So, what have I learned so far from my 3.5 year old? That mindful parenting isn't about a calm, serene household, but one that navigates the ups and down, the highs and lows, the glitter and the chaos. We do it together. We slow down.

We find our nose and we move on.

Rachel will be co-training on the Mindful Parenting CPD with Madeleine Agnew. Further details can be found on the back pages.



The Mindfulness Now 8-week Course



Deepening the Practice: Embodying Mindfulness Beyond the Training

Rachel Broomfield



This kind of learning, rooted in real experience, offers insights that can't be fully captured in theory alone.

As Mindfulness Now practitioners, we all know that The Mindfulness Now programme provides an approach to teaching Mindfulness drawing from contemporary psychological understanding. I lead the official 8-week CPD course designed specifically for students and graduates of the Mindfulness Now programme, offering a space where the foundational training can be deepened and integrated hopefully into confident, compassionate teaching. It's ideal from a personal as well as professional point of view.

One of the most powerful aspects of the Mindfulness Now 8-week course is its experiential structure. I invite participants to step back into the role of the mindfulness participant, rather than the teacher and we begin to reconnect with the foundations of mindfulness from the inside out. This immersion is not just about revisiting techniques - it's about embodying the principles we also aim to teach. And yes, that includes all the potential issues surrounding home practice too! It's a big commitment, signing up to 8 weeks but one that will really pay dividends.



My aim is to offer a balance of understanding, warmth and trauma-sensitive awareness whilst at the same time simply being human! Should I be embarrassed to say (?) that things don't always go according to plan and I hope that people see that that's actually ok and possible to work around! Sometimes timings go awry, or we get hooked up in one aspect of enquiry or discussion. It's real and it's all ok.

I believe that taking part in the 8-week programme can be as valuable, if not more so, as reading any textbook. As alluded to earlier, a level of commitment is required from those taking part. It's all very well turning up for the weekly sessions but we also have to show up for the daily home practice

too, and be willing to remember to try to integrate the principles and practices into our everyday lives just as much as possible. This kind of learning, rooted in real experience, offers insights that can't be fully captured in theory alone. When we experience all of this, we're perhaps better equipped to deal with all that might happen in the sessions we deliver 'to the public'.

A "community of practice" often develops quite naturally during the 8-week period - a space where participants feel safe to connect, reflect, and support one another in an ongoing process of growth.

For a good number, this supportive environment also becomes a vital part of their continued development as mindfulness practitioners, and connections are sometimes made that last.

So, in a nutshell, through this completely experiential practice, I aim to help participants link the theoretical underpinnings of the Mindfulness Now programme to their own learning and experiencing, as well as teaching.

Hope you'll join me!

Rachel Broomfield will be running the Mindfulness Now 8-week course again in September and October 2025, and January and February 2026.



Celebration Day 2025



A Celebration of Connection and Community

The rest of the day offered a fantastic mix of workshops - covering everything from journalling and tea ceremonies to music, meditation, and burnout recovery.

Now in its third year, our Celebration Day brought nearly 90 of us together for a day filled with learning, inspiration, and connection. This was no ordinary day - every workshop session was created and delivered by members of our own Mindfulness Now community, making it feel personal, meaningful, and full of heart.

We began the day with a powerful keynote from Alex Jay Lynam, founder of Beyond the Binary. Alex spoke about the importance of creating truly inclusive spaces for LGBTQIA+ people - not just in theory, but in everyday life. Their honesty and warmth set the tone for the day, inviting us all to think more deeply about how we show up for each other.

The rest of the day offered a fantastic mix of workshops - covering everything from journalling



and tea ceremonies to music, meditation, and burnout recovery. There was something for everyone, and the variety reflected the richness of experience within our own community. The only complaint we had was that people couldn't attend everything!

Amanda Carter-Blackford invited us into the contemplative world of mindful journalling, while Will

What stood out most throughout the day was the generosity on show - people sharing their knowledge, their passions, and often their personal stories. There was a sense of genuine community and mutual support, with learning that felt real, relevant, and rooted in trust. Our Celebration Day reminded us that some of the best professional development doesn't necessarily come



Crawford explored how music can be used as a mindful anchor, not just background noise. Tony Roycroft took us on a Street Wisdom walk, showing how everyday spaces can offer surprising insight, and Aston Colley helped many of us deeply relax through the practice of Yoga Nidra.

Issie Wan's Chinese Tea Ceremony was an interesting blend of ritual, mindfulness, and personal reflection. Alan Muskett gave a clear and compassionate overview of the stages of burnout in the workplace (and how to stop climbing that burnout ladder), while Deborah Knight shared her toolbox of "mindful anchors" to keep us grounded throughout everyday life. And many thanks to Ian Blades who stepped up with little notice in order to present his workshop showing us how to use technology to monitor brainwaves and heart rate variability.

Alongside the workshops, there was space to pause, chat, and connect. It was lovely to have time to talk to colleagues we don't often get to see - whether during lunch or over a quiet cuppa between sessions.

from outside experts - it comes from within. When we make space for each other, when we share what we know and listen with curiosity, we grow stronger together.

Huge thanks to everyone who contributed, attended, or helped make the day possible. We're already looking forward to next year!



Will You

By Kjersti Evensen

Will you sit a while and hear the beat within
Allow the awareness to come in.

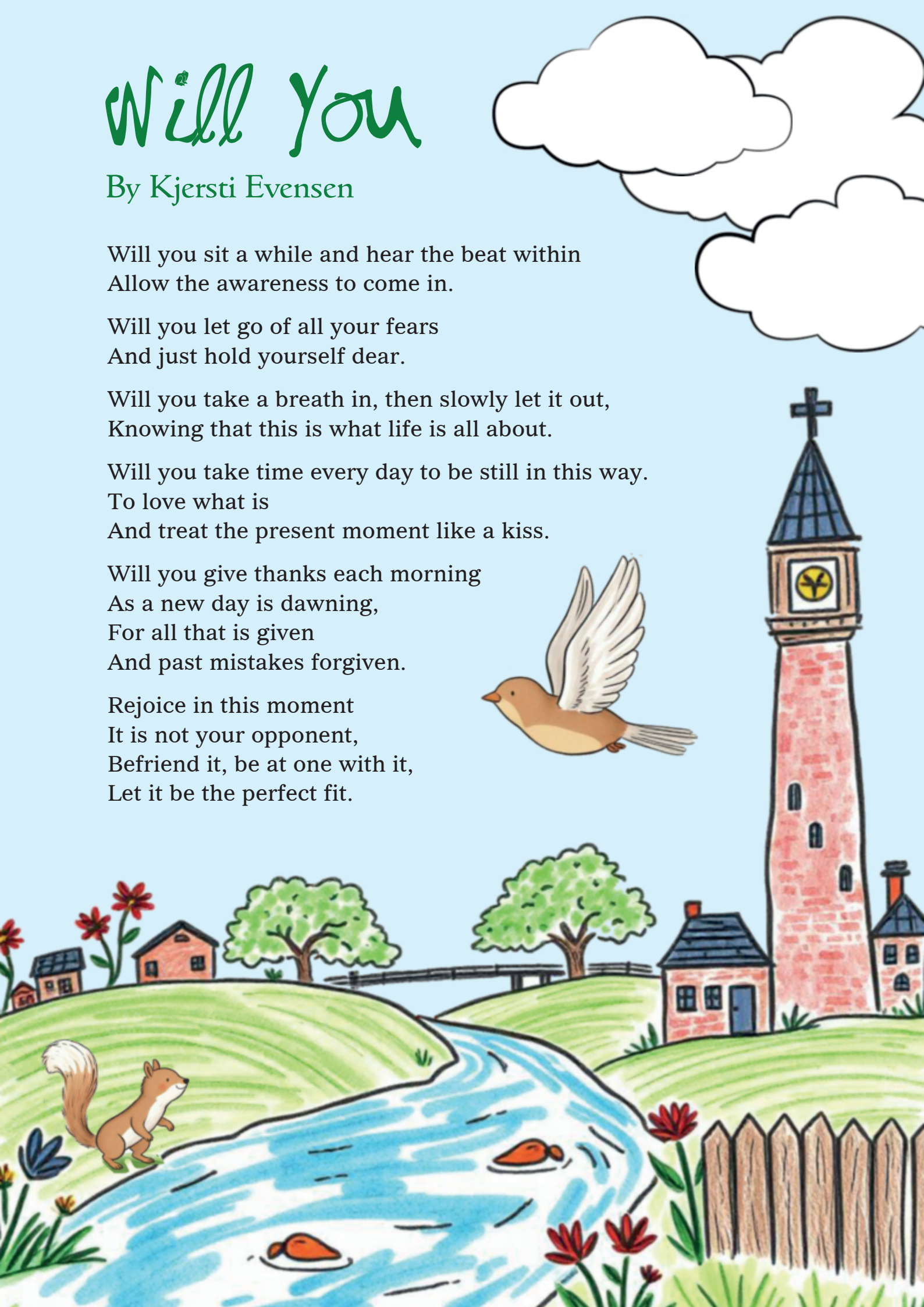
Will you let go of all your fears
And just hold yourself dear.

Will you take a breath in, then slowly let it out,
Knowing that this is what life is all about.

Will you take time every day to be still in this way.
To love what is
And treat the present moment like a kiss.

Will you give thanks each morning
As a new day is dawning,
For all that is given
And past mistakes forgiven.

Rejoice in this moment
It is not your opponent,
Befriend it, be at one with it,
Let it be the perfect fit.



Book Review

The Way of Acceptance – A Practical Guide to Dealing with Life

Author – Jonathan Gibbons

Book Review by Lorraine Chapman



This little book is a must for your library. Gibbons uses real situations to illustrate that, instead of wanting life to be different, shifting our mindset to allow things to be as they are, and being okay with this, provides the key to transforming our relationship with difficulties, which makes us see a situation on our own terms instead.

This is an extremely readable and accessible book and there is a lot that makes sense within the pages, particularly if you are a mindfulness practitioner, as he argues that 'being present is fundamental to the practice of acceptance', which, after all, is at the heart of mindfulness.

One thing that I found important and useful, is Gibbons's discussion about learning to accept past experience, in particular feelings of regret. He suggests that if our present experience is feeling regret, we have to accept that this is the reality of our present experience. Difficult though this can certainly be, we need to sit with the feelings, quietly observing, as the mind settles and quietyens.

Gibbons gives us hope by encouraging us to completely accept who we are, and where we have come from.

The overall message is that being okay with life helps us to avoid the exhaustion of constantly wanting things to be different.

Continuing Professional Development (CPD) 2025

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 plus a Retreat Day during each twelve month period. The list below shows CPD and other training events currently scheduled but new events are being added all the time, so please check the website regularly - <https://mindfulnessnow.org.uk/uk-college-continuing-professional-development-cpd/>

**** 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 ****

The attendance fee is £130 to all Mindfulness Now / CEC students and graduates, or £160 to all

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 26th July 2025

Trainers: Tony O'Shea-Poon & Sharon Nielson
LIVE ONLINE VIA ZOOM

10.00 – 17.00

Mindfulness for Business: Meeting the Growing Demand with Confidence

Working with businesses or corporations can be daunting for any sole trader or small business. This course will demystify the whole process of providing mindfulness to business – from attracting clients, creating a winning proposal, designing content through to delivering and evaluating services.

With over 30 years experience working in global corporations and businesses of all sizes, Sharon & Tony will now share their tips, successes, professional templates (and what they've learned from some failures!) with you.

You will be introduced to the business and product development cycle, which will give you a useful framework to consider and manage all aspects of corporate mindfulness development. The day will include information, examples and activities on the following...

- Considering your niche and unique selling points
- Conducting competitor analysis
- Your marketing mix
- Building and nurturing leads
- Qualities of a good business proposal
- Principles of persuasion
- Developing off-the-shelf content
- Creating bespoke content
- Creating courses and blended learning packages
- Source of information and inspiration
- Avoiding copyright and plagiarism
- Preparing your materials, resources and yourself
- Presenting with confidence
- Collecting feedback and testimonials

You will also receive Tips and Traps for each stage of the business and product development cycle, and many templates that you can use at each stage.

You can book your place here -

<https://mindfulnessnow.org.uk/mindfulness-for-business-meeting-the-growing-demand-with-confidence-july-2025/>

Saturday 16th August 2025

Trainers: Aston Colley

In Person – St Johns College, St Giles, Oxford University, OX1 3JP

10.00 – 17.00

How to Teach Mindfulness Yoga

Aston Colley HPD, BWY Yoga Dip, is running a CPD event – Mindfulness Yoga CPD.

A development day for all mindfulness and yoga practitioners, exploring mindfulness of breath and body movement. The day, a mix of theory and practice, specific guidance and choreographed practice to teach, with a script to teach from. A look at modifications and an opportunity to practice with others on the course. The day aims to provide mindfulness practitioners with tools to further their own practice. It is hoped that by gaining a deeper insight into the process of self-enquiry through gentle movement and meditation participants will, after practice, be able to impart/teach some of these insights to their students.

The fee is £130 for students and graduates of CEC and £160 for others. Attendees are requested to wear loose fitting clothing and have their own yoga mat + blanket. Aston's workshops are inclusive to all able bodied—both experienced Yoga practitioners and complete beginners welcome.

If you are unsure of your suitability don't hesitate to contact Aston on (01386 870893, aston@unwind.uk.com) as he will be happy to advise.

You can book your place here -

<https://mindfulnessnow.org.uk/cpd-how-to-teach-mindfulness-yoga/>

Every Thursday afternoon from 4th September – 23rd October 2025

Trainer: Rachel Broomfield

LIVE ONLINE VIA ZOOM

14.00 – 15.30

Price includes the Gift Retreat Day running on Saturday 1st November 2025.

The Official Mindfulness Now 8-week programme

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 get a better understanding of how all the elements fit together.

You can book your place here -

<https://mindfulnessnow.org.uk/the-official-mindfulness-now-8-week-course-autumn-2025/>

Saturday 6th September 2025

Trainers: Rachel McKenna and Madeleine Agnew

LIVE ONLINE VIA ZOOM

10.00 – 16.30

Advanced Trauma Informed Practitioner Certification

The advanced trauma sensitive mindfulness practitioner one day training course has been developed with mindfulness teachers in mind but would be equally valuable for any talking therapists, yoga teacher or indeed anyone working and practicing in a teaching, caring or healthcare role.

A direct quote from Nick Cooke Mindfulness Now course creator – "When I first developed the Mindfulness Now Programme at my clinic in Birmingham back in 2008, I soon recognised the need to steer people towards a mindful practise that creates healing and away from potential re-traumatising. Being a trauma survivor myself, I was well aware of the need to be highly cautious and sensitive when it came to mindful teaching and practicing".

Our advanced training course delves even deeper into recognising and understanding trauma and learning how we as practitioners can respond in a skilful way. Our overall aim is to help prevent re-traumatisation as best we can within our work as teachers and therapists.

We don't want to create any fear around trauma but instead leave practitioners confident that they can successfully help participants and clients to better cope with traumatic stress within their personal mindfulness practise and to steer them towards a place that ultimately feel safer for them.

To be clear, this course is not meant as a 'trauma healing course', instead this course has been developed to provide practical resources to help practitioners to effectively teach in the safest way possible and to ultimately empower whomever they work with.

Our course includes: learning about trauma and understanding how we can deliver mindfulness teaching in a safe, compassionate way, adopting at all times the trauma sensitive language model NIA and how we can best look after the safety of our participants. We will look at way to remain as inclusive as possible and at the same time as safe and as aware as we can be of the varying needs of our participants.

This CPD is being delivered by experienced trauma informed practitioners and mindfulness teacher trainer's Rachel McKenna and Madeleine Agnew.

You can book your place here -

<https://mindfulnessnow.org.uk/cpd-trauma-informed-practitioner-certification-mindfulness/>

Saturday 27th September 2025

Trainers: Rachel McKenna

LIVE ONLINE VIA ZOOM

10.00 – 17.00

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 McKenna.

You can book your place here - <https://mindfulnessnow.org.uk/cpd-mindfulness-with-teenagers/>

Saturday 11th October 2025

Trainer: Madeleine Agnew

LIVE ONLINE VIA ZOOM

10.00 – 17.00

Mindfulness Based Therapeutic Parenting

A day of learning, practice, and discussion, for all mindfulness teachers and students. This course would be ideal for practitioners working with children, school teachers, caregivers and of course parents themselves.

During the day we will be exploring many techniques and ideas including:

- What it really means to 'Parent Mindfully'.
- Understanding Attachment Theory and how best to creating loving attachments.
- How we were parented and how this impacts our parenting style.
- Parenting with S.P.A.C.E (Sensation, Playfulness, acceptance, curiosity and empathy) a development from Dan Hughes PACE parenting.
- Working with Sensory Needs.
- Early Brain Development.
- Creating a safe haven.
- Developmental Trauma.

Introducing Mindfulness Based Therapeutic Parenting and other Therapeutic Parenting techniques approaching, such as Theraplay, and how we can approach these from a mindful perspective.

By the end of this day, you will have all the knowledge and tools you need to parent yourself mindfully and or work with parents and caregivers teaching mindfulness based therapeutic parenting.

You can book your place here -

<https://mindfulnessnow.org.uk/uk-college-cpd-mindfulness-based-therapeutic-parenting-course/>

Saturday 22nd November 2025

Trainer: Tony O'Shea-Poon

LIVE ONLINE VIA ZOOM

10.00 – 17.00

Mindful Eating for Weight Management

This popular continuing professional development learning day for mindfulness teachers and therapists will take place online using Zoom.

This CPD day includes a 40+ page booklet about Mindful Eating, written by Tony.

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 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.

You can book your place here -

<https://mindfulnessnow.org.uk/compassion-based-coaching-and-mentoring-practitioner-certificate-training/>

Saturday 29th November 2025

Trainer: Nick Cooke

LIVE ONLINE VIA ZOOM

10.00 – 17.00

Joining the Dots

Nick Cooke is leading a CPD day entitled 'Joining the Dots' for all talking therapists, including teachers of mindfulness as well as Compassion Focused Wellbeing, and hypnotherapists, live, interactive on Zoom on Saturday 29th November 2025 from 10.00 AM to between 4.30 and 5.00 PM.

'Joining the Dots' is an invitation to join other students and graduates, explore the connections between talking therapies, and in particular, hypnotherapy (MBCH), as well as the teaching of Compassion Focused Wellbeing, and the teaching of mindfulness through the Mindfulness Now programme – with the opportunity to learn, discuss and practise:

- Safe and ethical practices for mind/body healing
- Creating healing visualisations
- Evidence based self-directed neuroplasticity for self-compassion
- Creating metaphors based upon the client's own experiences
- Briefer approaches to mindfulness teaching and talking therapy

The one-day course will also contain some new and adapted visualisations/meditations which be useful with Mindfulness, Hypnotherapy or Compassion Focused Wellbeing. The style will be practical / interactive with 'learning through practise', as well as lots of discussion, so if you are looking for opportunities to practise, this course could well be for you.

You can book your place here -

<https://mindfulnessnow.org.uk/cpd-joining-the-dots/>

Saturday 6th December 2025

Trainer: Sharon Nielson

LIVE ONLINE VIA ZOOM

10.00 – 16.30

AI Beginners for Mindfulness Teachers

Demystify AI and learn the basics to improve participant experience, increase your efficiency and grow your audience. Focus on building rapport with your participants and give yourself more time to deliver your teaching by using AI to enhance your mindfulness services.

The purpose of this course is to learn how to use simple AI, where appropriate, to give you more time to deliver your teaching (by creating content) bring more variety into your sessions (by enhancing content) and to help you to create more professional social media and blog posts (with Canva)

You don't have to know how it works to use it!

Learning Outcomes

By the end of the session, you will:

- understand some of the emerging AI Tools that can support your mindfulness teaching
- have seen some AI tools in action
- be able to engage with AI at a basic level to support your teaching
- learn how to create more professional and creative online content

- have discussed ethical considerations

Teaching Methods

The day is a mix of

- Live teaching and demonstrations
- Exercises
- Breakout sessions
- Group discussion
- Slides

This course is for beginners and provides the basics of how to use tools to create content, we will showcase several AI tools available comparing free and paid versions and discuss considerations for the best fit for your teaching, it is not aimed at those already confident in using AI tools.

We will provide you with take-aways including prompts and templates to aid usage of the tools, with information on further support and help.

You can book your place here -

<https://mindfulnessnow.org.uk/cpd-ai-beginners-for-mindfulness-teachers-2025/>

MINDFULNESS NOW RETREATS:

<https://mindfulnessnow.org.uk/mindfulness-retreats/>

Thursday Sept 11th 2025

Facilitator: Aston Colley

In Person – The Guildhouse, Stanton, WR12 7NE

10.00 – 17.00

Cost: £85

Saturday 11th October 2025

Facilitator: Sharon Conway

In Person – Dalkeith Country Park, Edinburgh

10.00 – 16.30

Cost: £85

Saturday 1st November 2025

Facilitator: Rachel Broomfield

Online

10:00 – 16:00

Cost: £50

“All the suffering, stress, and addiction comes from not realizing you already are what you are looking for.

– Jon Kabat-Zinn