

What will be expected from you?

To attend the class weekly for 2 1/2 hours and attend an all-day session in the sixth week. Participants are asked to do course work by practice mindfulness meditation and/or mindful movement for 45 minutes a day with instructional CD's.

COURSE DETAIL: DUBLIN

Dates: 25th August - 13 October,

Time: 6:30 pm - 9 pm for 8 weeks

Venue: The Wisdom Center, Cork Street, Dublin.

COURSE DETAIL: CORK

Dates: 4 September - 23 October 2010

Time: 10:30am - 1:00 pm for 8 weeks

Venue: The Laurels, Carrigrohane, Cork

Cost of each: €350 - including all course material, CD's and all day.

Concessions are available for block bookings.



Facilitator:

Debbie Van Tonder is a Cognitive Behaviour Psychotherapist and a Psychiatric nurse with 20 years experience in working in the mental health environment with a special interest in Anxiety Disorders.

She has been teaching MBSR/MBCT for the last two years. Her training include the Teacher's Development Training level 1 and Mindfulness for Individual Therapy through Bangor University in Wales.



"Meditation is about stopping and being present..... that's all".

Jon Kabat-Zinn

enquiries

All enquiries are welcome and may be directed to Debbie by:

Tel: (01) 612 5252 After 6 pm.

Email: mindfulwellbeing@gmail.com or contacting through the website link.

<https://sites.google.com/site/mindfulwellbeing/>



MINDFULNESS Based COGNITIVE Therapy

(MBCT)

EIGHT WEEK COURSE

DUBLIN: 25TH AUGUST '10

Mindfulness is awareness and experiencing every moment as it is without trying to change the actual experience – accepting it as it happens. Being your own best friend and living your life as it is happening now, not in the future and not in the past.

MBCT is an eight week course combining Mindfulness-based Stress Reduction and Cognitive Behaviour Therapy principles. Designed to help you learn new ways of dealing with difficult thoughts, physical sensations and emotional experiences.

The present is the only time that any of us have to be alive -

**To know anything - to perceive -
to learn - to act - to change - to heal".**

Jon Kabat-Zinn

what is mindfulness?

Mindfulness is a meditation practice of cultivating non-judgemental awareness in day-to-day life. Developing the potential to experience each moment, no matter how difficult or intense, with calmness and acceptance.

The practice consists of paying close attention to the mind and body and recognizing any underlying automatic and habitual patterns of thinking and behaviour which may manifest itself in physical sensations, emotions and thoughts and cause isolation, low self esteem and low mood.

“Wherever you go; there you are” (Jon Kabat-Zinn:1994). Whatever we do in any given moment in time is what we are doing. Whatever we are thinking is what we are thinking..... whatever we are feeling is what we are feeling.

Unfortunately we often fall in automatic pilot mode when we go about our daily activities and in the end lose valuable moments of experience and learning. We often assume (incorrectly) that what we are thinking and feeling is fact while often it just isn't. We call it mindlessness traps. (Jon Kabat-Zinn:1994)



what is MBCT?

MBCT is an eight-week course that introduces you to mindfulness practice in the form of sitting meditation, body awareness and mindful movement.

The course is developed to assist participants to develop the skill of being present moment to moment, which gets us in touch with our physical, emotional and thinking experiences. Relating this to our environment and automatic experiences by combining Mindfulness-based Stress Reduction and Cognitive Behaviour Therapy principles.

“Mindfulness is paying attention in a particular way..., on purpose, in the present moment, and non-judgementally...”
Jon Kabat-Zinn

The course will help to gently challenge automatic reactions and learn new ways of responding to low mood. We can learn to deal more effectively with our difficulties and take more pleasure in the good things in our lives.

It draws on the programme developed over the past 30 years by Dr. Jon Kabat-Zinn). There is more and more research which shows that mindfulness helps in being able to respond to low mood, anxiety and many other states which can prevent us from more fully living.



who is the course for?

Anyone who wants to work on challenging difficulty or who would like to add more quality to life, who would like to learn how to survive in the rat race and how to bring calmness and peace to every day.



benefits

Research have shown the following benefits:

- *Increased sense of life meaning and manageability*
- *Reduced anxiety & depression*
- *Enhanced self-esteem and activity levels*
- *Reduced chronic pain and physical distress*
- *Strengthened immunity*
- *Increased social activity and vitality*
- *Reduced tension, anger, and fatigue*
- *Improved sleep quality*
- *Fewer panic type experiences*

People who do the course report:

- *A relaxed awareness of the present moment*
- *Enhanced psychological flexibility*
- *Release of unhelpful attachment or aversion*
- *Greater stress tolerance and impulse control*

