

Mindfulness Teachers – Continuing Professional Development (CPD) 2020/21

Mindfulness teachers and therapists are required to maintain their Continuing Professional Development (CPD) to uphold professional learning standards and to meet the requirements of whichever professional association they belong to. Normally this is a minimum of 14 hours, or two days of CPD during each twelve month period. The list below shows CPD and other training events currently scheduled for 2020/21, but new events are being added all the time, so please check the relevant websites regularly.

CPD Training at Central England College, Birmingham (unless otherwise stated) – 2020/21

Bookings on 0121 444 1110 or email info@mindfulnessnow.org.uk

Please note that during the current health crisis, courses may temporarily run in a guided, interactive, online format – Please check with us to confirm

Saturday 25th July 2020

Rachel Broomfield and Madeleine Agnew

Working with Children and Introducing ‘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 brand new 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.

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

Saturday 26th September 2020

Donna Green

Practising with Safety and Integrity

Essential learning for all therapists and mindfulness teachers, this training considers how we can ethically and safely work with our clients / participants – looking after them in the best possible way to protect them, as well as ourselves – including risk management, effective note taking and working with children / vulnerable adults. Donna is a leader in this field and a former director of the National Council for Hypnotherapy (NCH). Training notes and CPD certificate will be provided.

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

Saturday 3rd October 2020

Nick Cooke

**Compassion Focused Therapy (CFT) / ACT
St John's College – University of Oxford**

This experiential workshop combines the skills of CFT with Acceptance and Commitment Therapy (ACT). Compassion Focused Therapy with ACT brings the attitudes of mindfulness, in particular, compassion, generosity, kindness and acceptance, into a powerful, evidence-based therapy protocol with wide ranging applications, including: reducing the effects of depression and anxiety, increasing self-esteem, helping to change unhealthy relationships with food, and letting go of unwanted behaviours.

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

Saturday 28th November 2020

Hilary Norris-Evans

Mastery in Hypnotherapeutic Regression

An area where some hypnotherapists lack confidence and experience – Hilary is an acknowledged specialist, as well as a trainer and supervisor with many years of successful practice in this field, and will share her proven methods of working, in this intensive practical workshop, open to all qualified hypnotherapists. Training notes and CPD certificate will be provided.

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

Saturday 20th February 2021

Rebecca Semmons-Wheeler

The Learning Pathway – Deepening Perspectives in Mindfulness Teaching

Valuable developmental learning for all mindfulness teachers, this practical workshop explores scientific research into mindfulness, as well as the skills of inquiry, successfully guiding practice, and exploring what, as teachers, we bring to the teaching, especially in presence, embodiment and managing challenges. The course also provides an integration for bringing your own unique strengths and qualities into your teaching, as well as an exploration of how we can employ both the being and doing modes of mind into our teaching practice

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

Booking information

All courses are certified and training notes are provided. The courses are open to practitioners of mindfulness teaching, hypnotherapy, NLP, coaching, counselling, and related fields. Numbers are strictly limited and places can be booked by contacting:

Central England College: 0121 444 1110

info@mindfulnessnow.org.uk

www.mindfulnessnow.org.uk