

8 week Mindfulness Based Course (MBCT)

It can be easy to rush through life without stopping. Our minds tend to run forward anticipating the future or wander back, dwelling on the past and we are rarely fully aware of what we are experiencing at the time. As a result we can find ourselves carried off by the current of thoughts and feelings, worries, pressures, responsibilities; wanting things to be different from how they are right now. This can be particularly powerful when we are faced with difficulties due to work or family pressure, illness and pain, which can confound our attempts to find a solution or to feel better.

Feeling stuck in this way can be draining. Mindfulness can help us to work directly with the struggle we sometimes have in relating to life's experience and in doing so can really improve the quality of our life. The skills that emerge from mindfulness training are beginning to be recognized as crucial life skills.

From:

Monday 1st February to 21st March (1pm to 3pm)

Venue:

Revitalise, 123A Western Road, Brighton, BN3 1DB

www.revitalise-u.com

For further information on Mindfulness, the course and how to book, please see below.

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What is mindfulness?

Mindfulness has been defined as paying attention in a particular way; on purpose, in the present moment, and non judgmentally (Jon Kabat-Zinn).

It is a way of paying attention to, and seeing clearly whatever is happening in our lives. It helps us recognise and step away from habitual, often unconscious emotional and physiological reactions to everyday events. It will not eliminate life's pressures, but it can help us respond rather than unhelpfully react. It provides us with a scientifically researched approach to cultivating clarity, insight, and understanding.

Becoming more aware of our thoughts, feelings and sensations may not sound like an obviously helpful thing to do, however learning to do this in a way that suspends judgment and self-criticism can have surprising results. Many people report finding inner strengths and resources that help them make wiser decisions about their health and life in general.

People who practice mindfulness regularly

- * experience long-lasting physical and psychological stress reduction;
- * discover positive changes in well-being;
- * are less likely to get stuck in depression and exhaustion;
- * are better able to change unhelpful behaviours and thought patterns.

Is Mindfulness Based Cognitive Therapy (MBCT) suitable for me?

If you are experiencing stress, feel low or generally dissatisfied with life, this course could offer you some skills in how better to respond to the 'ups and downs' of everyday living. Others may

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also wish to develop a mindfulness practice in order to enhance their lives in the modern world.

It is suitable for people who would like to develop their general physical and mental wellbeing. However, it is not being offered as a treatment for any specific physical or psychological conditions. This group is not suitable for people who are currently experiencing clinical depression or severe anxiety problems.

What happens during the course?

The course is 8 weeks and each session is 2 hours long. The sessions focus mainly on teaching skills that develop awareness of body sensations, feelings, and thoughts, which are then applied in relation to particular cognitive therapy-based exercises. In each session there will be a mixture of guided meditation practices, discussion about this practice and cognitive therapy exercises. Everything is 'invitational' and there is no expectation that participants will have to share personal histories. Our old familiar patterns of thinking and reacting have often been around for a long time and are habitual and automatic, so putting time and effort in between sessions is an important aspect of the course. Therefore, 30 to 40 minutes a day of home practice is recommended. Hand-outs and guided meditations will be provided.

Mindfulness Teachers:

Laurence Baretto de Souza is a mindfulness practitioner and she is also an experienced psychotherapist.

www.counsellingcollective.vpweb.co.uk

Tamar Karpas is a mindfulness practitioner and she is a Chartered Counselling Psychologist with over 15 years experience.

www.counsellingpsychologyservices.com

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Dates: 8 consecutive Mondays from 1pm to 3pm starting on 1st February with the last session on 21st March.

Venue: Revitalise, 123A Western Road, Brighton, BN3 1DB
<http://www.revitalise-u.com>

Cost: As this will be the first group offered at Revitalise there is an introductory fee of £120 for the full 8 week course to be paid prior to the first session.

Travel: Revitalise is close to the Bedford place bus stop with buses 1, 1a, all 5, 6, 7, 25, 49 700 (and possibly more stop there). And that the venue is a 20 min walk away from Brighton station.

Parking: There is pay and display parking on the side streets or the closest secure car park is a 10 minute walk away
<https://www.brighton-hove.gov.uk/content/parking-and-travel/parking/regency-square-car-park>

If you are interested in the course please contact

Tamar on M: 07577749924 Email: dr.karpas@hotmail.com

or

Laurence on M: 07748252003

Email: info@counsellingcollective.vpweb.co.uk