

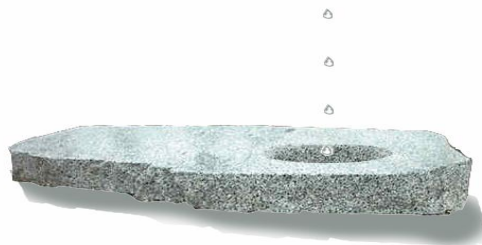
Personal practice forms the basis of professional practice in mindfulness

Without a personal practice of mindfulness the therapist will be limited by their non experience of what is fundamentally a non conceptual process that requires the experiential element for its understanding.

Theory and practice integrate to allow the therapeutic intervention

The Therapist is guided and instructed through a process of theory and personal practice to get to a point of applying mindfulness in therapy.

Eleven years of experience in the therapeutic use of mindfulness combined with 20 years of personal mindfulness practice come together to form this therapist training program.



Michael Anderson is a registered Psychologist in private practice in Torquay, Victoria. He has been practicing mindfulness meditation consistently since 1987. In 1990 he became increasingly interested in Buddhism and mindfulness practice, and has from this time worked to integrate Western psychology and mindfulness approaches. He has training in ACT, DBT and MBCT. His main treatment interests are anger management, depression, pain management and anxiety. Michael is the National Convenor of the Australian Psychological Society's Buddhism and Psychology Interest Group.

In 1998 Michael travelled to the USA to interview 20 Psychologists/Counsellors who were integrating Buddhism and mindfulness practices into their therapeutic practice. These interviews continue to have a strong influence on his work today as a psychologist. Tibetan, Zen and Theravadin traditions have influenced his work as a psychologist.

Mindfulness Training

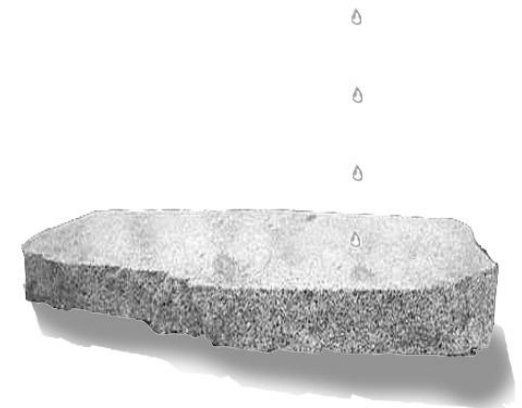
Participants will :

- Understand the theory of Mindfulness and related Buddhist principles relevant to therapy.
- Gain an introduction to the research on Mindfulness as a therapeutic methodology.
- Have a clear and concise language that will allow them to introduce mindfulness to their clients.
- Establish or extend their personal practice in Mindfulness.
- Gain an appreciation of how to practice Mindfulness as a Therapist.
- Discuss professional issues in relation to using mindfulness in therapy with individuals and groups..
- Explore the different Mindfulness based approaches.

What is seen is just seen and what is heard is just heard. *Soma Thera*

Mindfulness Therapist Training 2008

detailed program integrating the use of Mindfulness in Therapy



Mindfulness

Mindfulness is like water dripping on a rock. With each drip it gradually wears through what appears to be an impenetrable emotional experience

“Mindfulness is the activity which takes care of the mind and protects it”.
Buddha

If this is what mindfulness is then clearly psychologists and their clients would gain significant value from its practice. This has certainly been my experience. The concept of mindfulness is not new to psychology. Freud presented it as an essential element of the Therapists psychological landscape. In some ways it has been lost to Western psychology because so few took the time to cultivate it. It has now emerged as a valuable tool for clients to deal with a range of psychological issues, specifically in the prevention of relapse for depression.

Mindfulness has its origins in eastern philosophies. It has a long history with anecdotal evidence for its success stretching over 2500 years. It is relatively simple to master at one end of the spectrum but more difficult to achieve complete mastery. This program is not about achieving complete mastery. The programs objective is to provide you with the understanding and skills to practice mindfulness both personally and as a therapist. This program will allow you to be able to present mindfulness to your clients in a language that makes its relevance and application of mindfulness immediately obvious. Through your own practice and the conversations with your peers, you will realise the dilemmas that your clients will experience in implementing their mindfulness practice. The coaching that will follow will provide you with an insight into the way I work with these dilemmas with my clients.

This program is a comprehensive presentation of the therapeutic uses of mindfulness. It is a practical, experiential and theoretical process which will synthesise over 11 years of work with clients. The client cases to be covered will include chronic pain, depression, anxiety, stress, anger, drug and alcohol and self esteem.



Program - Melbourne

- Theory of Mindfulness
- Applying Mindfulness in a Therapeutic context.
 - How to Practice Mindfulness as a Therapist and with Clients
 - Clinical Case Presentations
 - Clinical Application Questions

Saturday March 15 *Introduction to Mindfulness* 9.30am – 5.00pm

Saturday April 19 *Half Day Mindfulness Practice and Discussion Group* 9.30am – 1.30pm

Friday May 16 *Mindfulness Applications I* 9.30am - 5.00pm

Saturday June 21 *Half Day Mindfulness Practice and Discussion Group* 9.30am – 1.30pm

Saturday July 19 *Clinical practice Issues 9.30 -12.30*

Saturday August 16 *Half Day Mindfulness Practice and Discussion Group* 9.30am – 1.30pm

Saturday Sept. 15 *Mindfulness Applications II* 9.30am - 5.00pm

Saturday Oct. 18 *Whole Day Mindfulness Practice* 9.30am – 4.30pm

Friday Nov. 22 *Mindfulness Applications III and Clinical practice Issues* 9.30am - 5.00pm

Workshop Venue: Northcote Town Hall
189 High St Northcote

Mindfulness Practice

Venue: approx 60 minutes from Melbourne

Mindfulness: Personal Practice

Registration Form

Price

Mindfulness Therapist Training
(incl \$165.46 GST)
Deposit \$300 Total due prior to first session

\$1820.00

Total:

Name

Address

Phone

Mobile Phone

Email

Please Make Cheque payable to:

Michael Anderson

Note: A payment plan can be negotiated if full payment is not an option.

For further information contact:

Michael Anderson

Torquay Living Centre

86 Surfcoast Hwy

Torquay 3228

Phone: 0419 370 338

Email: asport@bigpond.com

www.mindfulnesstherapy.com.au