

## 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 for over 25 years. 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.*

*In 1998 Michael travelled to the USA to interview 20 Psychologists/Therapists 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 all influenced his work as a psychologist.*

## Mindfulness Training

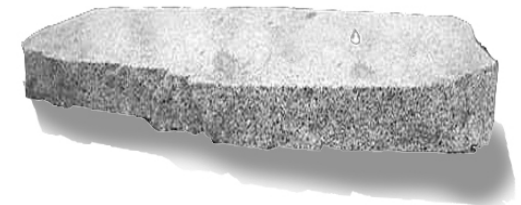
### Participants will :

- Understand the theory of Mindfulness
- 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.
- Assist clients to effortlessly achieve cognitive defusion
- Establish or extend 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 Based Therapy Training 2010

*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 Based Therapy Training:

### Registration Form

Price

Mindfulness Based Therapy Training  
5 Modules and 3 Practice Days  
(incl \$145.00 GST)  
Deposit \$300 Total due prior to first session

\$1595.00

Mindfulness Based Therapy Training  
Module 1

\$ 350.00

Total:

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Mobile Phone \_\_\_\_\_

Email \_\_\_\_\_

Please Make Cheque payable to:

Michael Anderson

For further information contact:  
Michael Anderson  
Torquay Living Centre  
86 Surfcoast Hwy  
Torquay 3228  
Phone: 0419 370 338  
Email: michaela1@live.com.au  
[www.mindfulnesstherapy.com.au](http://www.mindfulnesstherapy.com.au)

"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

#### Module 1

Friday March 19 and Saturday March 20

- Introduction to Mindfulness Therapy
  - Establishing a personal Practice
- Cost: \$350

#### Module 2

Friday May 21 and Saturday May 22

- Sustaining a personal mindfulness practice
  - Mindfulness and Therapy
  - MBCT
- Cost: \$350

#### Module 3

Friday July 30 and Saturday July 31

- Mindfulness from personal practice to therapy
  - Buddhist Psychology
  - ACT
- Cost: \$350

#### Module 4

Friday October 8 and Saturday October 9

- Mindfulness as Therapy
  - MBSR
  - DBT
- Cost: \$350

#### Module 5

2011 Date to be confirmed

- Clinical Supervision
- Cost: \$190

**Mindfulness and Clinical Practice Days**  
(refer to webpage)

**Workshop Venue:** Northcote Town Hall  
189 High St Northcote