



Seeing and Freeing the Patterns of the Mind Bringing Together Mindfulness with a Cognitive Approach

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March 9th, 2013, 10am to 5pm

National Council for Voluntary Organisation London N1 9RL

This is a one day experiential workshop. It provides an integrative map or model for recognising habitual patterns of thinking and reacting, and applies specific mindfulness and other cognitive techniques to assist growth and change. This day can enable us to make a radical shift in attitude to ourselves and our life 'story'. It is also applicable to our clinical work, both for insight into enactments within the therapeutic dyad, and as a cognitive tool for clients in short-term therapy. Understanding how we get 'caught in the trap' of reactive habits is helpful for ourselves and our clients alike. An awareness of the basic mindfulness meditation practices of body scan and focusing on body and breath will be helpful as you use this model in your clinical setting.

This workshop is intended for therapists who already integrate mindfulness into their daily lives as well as those new to this. It will offer a tool for supporting clients (and self!) in greater personal awareness and freedom from the inner nagging limiting voices. We will be working together in pairs and groups as well as doing individual reflections. Come prepared to enjoy fully participating in a shared exploration! Wear clothes that allow you to be comfortable sitting and moving..

Dr Anna Sorensen is a medical doctor, a BACP accredited counsellor and supervisor, and a UKCP registered integrative psychotherapist. She is also a trained mindfulness-based cognitive therapy teacher.