



Tel: 086 237 5619, E-MAIL Integraltherapyky@gmail.com, www.integraltherapy.ie

Mindfulness

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment.

Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining/rehearsing the future.

This course is based on the Mindfulness Based Stress Reduction Programme (MBSR) developed by Jon Kabat-Zinn, and the Mindfulness Based Cognitive Therapy Programme (MBCT) developed by Mark Williams, John Teasdale and Zindel Sigal.

ABOUT THE MBSR/MBCT PROGRAMME

The programme consists of 8 weekly sessions and a one-day retreat. A lot of emphasis is put on **daily home practice which will range from 15 to 40 minutes** - this is supported by a workbook and audios.

The sessions offer guided instruction on Seated Meditation, Mindful Movement, the Body Scan and a 3-Minute Breathing Space. As well as these formal techniques, participants are encouraged to practice informally and are given suggestions to help integrate an attitude of 'mindfulness' into daily life.

Getting the most out of the course requires a certain amount of discipline. Keeping an attitude of **gentleness, self-acceptance and self-care** which participants are encouraged to cultivate and reminding ourselves that we are doing this to nourish and support our own health and well-being.

NEW

There is now an option to participant in this program online - due to the covid-19 outbreak attending sessions in person is not currently an option, thanks to the wonderful WWW you can now enjoy participating in this program from the comfort of your own home.

The day retreat will also take place online.

WHO IS THE COURSE FOR?

The course is suitable for everybody. We all experience difficulty in our lives and Mindfulness teaches us valuable skills for handling and managing difficult times. However, if you have recently experienced a significant upheaval such as bereavement, family breakup or diagnosis of a serious illness, it may be advisable to wait until you have regained a certain amount of stability.... at times of crisis you may need more focused and individual support; also, because the course itself makes considerable demands on time and energy, you are in a better position to give it your best shot during 'normal' times.



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REGISTRATION PROCEDURE

If you like the sound of Mindfulness Based Stress Reduction and think it might be a good time for you to embark upon this journey - that's wonderful! Please complete the enclosed Application Form and return to me via email or post at your earliest convenience. Once I have received your application, I'll contact you by phone to confirm your place and talk through the course in more detail.

NEXT START DATE:

Wed April 14th 2021,

8:15 – 9:45pm

Retreat day: Sat May 22nd 10am – 4pm (this is optional)

COST: €180

(can be paid in instalments)

A certification of completion is awarded on completion

8 weekly sessions, a one-day retreat (online), workbook and audios

(Every effort is being made to keep the course affordable – standard fee ranges from €300 to €400)

**Denise Diver – Integral Therapy,
Church Lane – above Wholegreen Café, Letterkenny
Tel: 086 237 5619 • Integraltherapyky@gmail.com
• www.Integraltherapy.ie**

MINDFULNESS REGISTRATION FORM

Kindly complete this form and return to me:

Integral Therapy, Church Lane, Letterkenny or integraltherapyky@gmail.com

Name:

Address:

Phone: (home) (mobile).....

Email:

Name and phone number of someone to contact in an emergency.....



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Further Information

To help me know a little more about your particular needs and circumstances, it would be appreciated if you could answer the following questions where appropriate. This information will be strictly confidential.

Name:

Date of Birth:

1. Do you have any physical illness or limitation that may make sitting, standing, walking or doing simple yoga movements difficult?
2. Have you had any mental ill-health concerns within that last few years, such as anxiety or depression? If yes, please give brief details....
3. If you are taking any medication at present, please say what it is and what it is for...
4. Have you had any disturbing life event in the last year, which may make the course difficult for you?
5. Are you currently in Psychotherapy or Counselling?
(If so, you are encouraged to talk your therapist about your plan to take part in this course)
6. Please say briefly what has drawn you to the course and what you hope to get from it?