

# Mindfulness-Based Cognitive Therapy Approaches.

An 8 week course for

Stress reduction, Anxiety, and low mood.

## What is Mindfulness?

Mindfulness is a way of being that is developed by purposefully paying attention in a non-judgmental way. Mindfulness training means that we train our minds through meditative disciplines to be more present and alive, we see more clearly and tend to be more spontaneous, creative, accepting and compassionate. Mindfulness requires a commitment to practice and an attitudinal change that includes befriending your body and mind with gentleness and acceptance.

## Who is this course for?

This course is for anyone who wants to learn to meditate and reduce stress, anxiety, pain or illness. Weaving mindfulness into your life will not only help reduce stress, low mood and anxiety, it will give you a sense of self mastery, greater peace, health and well-being. Over the eight weeks we will use a variety of mediums such as poetry, meditation, and movement to help connect with our inner knowing and wise minds.

**Facilitator:** Caroline Quinn I.A.H.I.P. is an integrative and humanistic psychotherapist, with over 25 year's experience of working in both the public and private sector. She has just completed the two year mindfulness Teacher Training course.