

# Mindfulness Now Teacher Training Programme

Approved UK vocational course

and

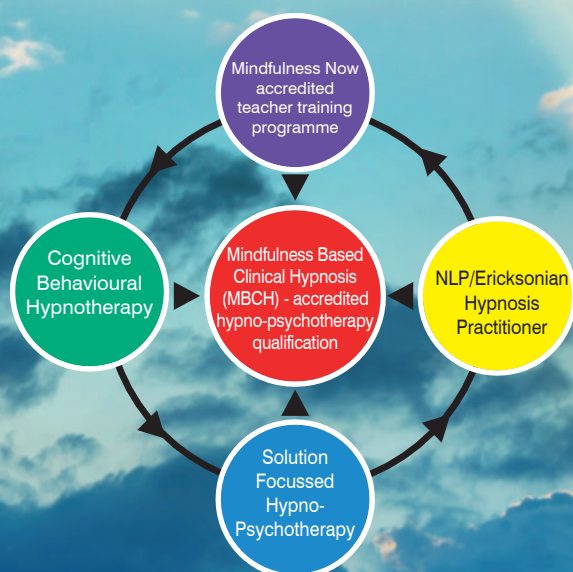
## Mindfulness Based Clinical Hypnosis (MBCH)

integrated and accredited hypno-psychotherapy qualification



# 2021/22

Brief Prospectus  
Course Timetable  
Fees and Application Form



[www.mindfulnessnow.org.uk](http://www.mindfulnessnow.org.uk)  
[www.centralenglandcollege.org](http://www.centralenglandcollege.org)

- 3 times Training School of the Year! APHP award
- 19 Years of Top-Rated training
- Option of the NCH 'Gold Standard' HPD Qualification
- COVID-Safe Online Training Available

# Professional Practitioner Programme

## 2021/2022 programme

Mindfulness Teacher Training is our most popular course and we are offering the British Psychological Society (BPS) approved, Mindfulness Now accredited teacher training certification as part of the diploma or as a stand-alone qualification. Further information follows and for full details please visit [www.mindfulnessnow.org.uk](http://www.mindfulnessnow.org.uk)

To gain the externally accredited 'Mindfulness Based Clinical Hypnosis Diploma (MBCH)' qualification requires completion of all four, 5 day (Monday to Friday) courses in any order.

## Course Dates 2021

| Booking Code: | Dates:                      | Course:                                 | Booking Required ✓ |
|---------------|-----------------------------|---|--------------------|
| CBH2101       | 4th to 8th January 2021     | Cognitive Behavioural Hypnotherapy      |                    |
| MM2101        | 25th to 29th January 2021   | Mindfulness Teacher Training            |                    |
| SFH2102       | 15th to 19th February 2021  | Solution Focussed Hypno-Psychotherapy   |                    |
| EH2103        | 15th to 19th March 2021     | NLP / Ericksonian Hypnosis Practitioner |                    |
| MM2104        | 12th to 16th April 2021     | Mindfulness Teacher Training            |                    |
| MM2105        | 17th to 21st May 2021       | Mindfulness Teacher Training            |                    |
| CBH2106       | 7th to 11th June 2021       | Cognitive Behavioural Hypnotherapy      |                    |
| MM2106        | 28th June to 2 July 2021    | Mindfulness Teacher Training            |                    |
| SFH2109       | 6th to 10th September 2021  | Solution Focussed Hypno-Psychotherapy   |                    |
| MM2109        | 20th to 24th September 2021 | Mindfulness Teacher Training            |                    |
| EH2110        | 11th to 15th October 2021   | NLP / Ericksonian Hypnosis Practitioner |                    |
| MM2111        | 15th to 19th November 2021  | Mindfulness Teacher Training            |                    |

## Course Dates 2022

|         |                             |   |  |
|---------|-----------------------------|---|--|
| CBH2201 | 10th to 14th January 2022   | Cognitive Behavioural Hypnotherapy      |  |
| MM2201  | 24th to 28th January 2022   | Mindfulness Teacher Training            |  |
| SFH2202 | 14th to 18th February 2022  | Solution Focussed Hypno-Psychotherapy   |  |
| EH2203  | 14th to 18th March 2022     | NLP / Ericksonian Hypnosis Practitioner |  |
| MM2204  | 25th to 29th April 2022     | Mindfulness Teacher Training            |  |
| MM2205  | 16th to 20th May 2022       | Mindfulness Teacher Training            |  |
| CBH2206 | 6th to 10th June 2022       | Cognitive Behavioural Hypnotherapy      |  |
| MM2206  | 27th June to 1st July 2022  | Mindfulness Teacher Training            |  |
| SFH2209 | 5th to 9th September 2022   | Solution Focussed Hypno-Psychotherapy   |  |
| MM2209  | 19th to 23rd September 2022 | Mindfulness Teacher Training            |  |
| EH2210  | 10th to 14th October 2022   | NLP / Ericksonian Hypnosis Practitioner |  |
| MM2211  | 14th to 18th November 2022  | Mindfulness Teacher Training            |  |

# Mindfulness Teacher Training

As an accredited 'stand-alone' qualification, or as a module of the diploma course we offer the British Psychological Society (BPS) approved Mindfulness Now certified teacher training course. Research has shown that Mindfulness Meditation offers powerful health and wellbeing benefits. Qualified teachers can be in high demand, teaching 1 to 1, as well as in groups and within organisations. The 'Mindfulness Now' programme provides a fusion of Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT), both are evidence based and the latter is recommended by NICE.



Training dates are listed and highlighted in purple on the previous page. For further information please visit [www.mindfulnessnow.org.uk](http://www.mindfulnessnow.org.uk)

## Mindfulness Based Clinical Hypnosis (MBCH)

### – integrated and accredited hypno-psychotherapy qualification

This training is unique in offering a mindfulness-based approach to clinical hypno-psychotherapy. Graduates are qualified to offer an integrated approach incorporating therapeutic mindfulness along with hypnotherapy and evidence based psychotherapy. Training is fully attendance based and of a highly practical nature. With two external accreditations, the course meets the requirements of the National Register of Psychotherapists and Counsellors (NRPC), who are willing to offer membership. Graduates are also eligible to obtain, subject to successful completion of assignments, the 'gold standard' HPD Diploma based around the UK Government's National Occupational Standards, at level 4 – Foundation degree level.

Graduates are also eligible to become members of the National Council for Hypnotherapy (NCH) and can join the official Mindfulness Teachers Register. Unlimited free, ongoing help and support is offered.

## Mind Wide Open

Mind Wide Open is a one-day introduction/taster of CEC training. Participants are invited to attend the first day of any of our courses, without obligation, as an ideal (low cost) taster if they are considering training with us. After attending the first day, if space permits, attendees may, if they wish, continue attending the same course, but there is no pressure or obligation to do so. The £50 attendance fee is fully refundable upon booking for any of the courses.

## Course Fees

| Course:   | Fees:   |
|---|---|
| Mindfulness Teacher Training  | £800.00   |
| Solution Focussed Hypno-Psychotherapy   | £800.00   |
| NLP / Ericksonian Hypnosis Practitioner   | £800.00   |
| Cognitive Behavioural Hypnotherapy  | £800.00   |
| Complete Mindfulness Based Clinical Hypnosis Diploma (MBCH) course - All the above 4 courses  | £2,700.00 (a saving of £500.00)   |
| Mind Wide Open/Taster Day   | £50.00 (fully refundable when you decide to sign up for any of the above courses)   |
| The NCH Hypnotherapy in Practice Diploma (HPD). The course prepares students for this additional, highly recommended but optional, externally awarded, portfolio based qualification. | £195.00 (Entirely optional and not payable until you decide you wish to register for it, which you can do at any time during or after your training). |

Please note, course fees are inclusive of assessment, certification, all training manuals and ongoing support. Fees may be subject to VAT where applicable.

# Training Course Application Form

(please complete, scan or photograph and email to [info@cecch.com](mailto:info@cecch.com) along with any questions, or phone the college on 0121 444 1110 or 07917 971976)

Please book me on to the following training course/s:

| Course:  | Dates: | Code: | Fees:   |
|--|--------|-------|---------|
| Mind Wide Open<br>(Optional Taster Day)                      |        |       | £50.00  |
| Please note the following courses may be taken in any order: |        |       |         |
| Mindfulness Teacher Training                                 |        |       | £800.00 |
| Solution Focussed<br>Hypno-Psychotherapy                     |        |       | £800.00 |
| Ericksonian / NLP Practitioner                               |        |       | £800.00 |
| Cognitive Behavioural<br>Hypnotherapy                        |        |       | £800.00 |

Please note that the total fee is £2,700.00 if you are booking and paying for the above courses (£500.00 saving) VAT may be applicable, where appropriate. Please contact us for information.

Book and pay by phone on 0121 444 1110 or 07917 971976

Surname: \_\_\_\_\_ First name/s: \_\_\_\_\_ Title: \_\_\_\_\_

Name as you would like it to appear on certificates/diploma: \_\_\_\_\_

Preferred first name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Occupation/s: \_\_\_\_\_ Signature: \_\_\_\_\_

Telephone No: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email \_\_\_\_\_

Book and pay by phone now on 0121 444 1110 or 07917 971976

TERMS AND CONDITIONS: We constantly seek to improve and update the quality and content of our training courses. We therefore reserve the right to change our syllabus and course contents. We also reserve the option, in certain circumstances, to change trainers, dates, training venues and method of delivery. If this does happen, and in all events, we endeavour to maintain the quality and value of our training. Course fees are not refundable although transfer to alternative dates may be offered provided that a clear 30 days notice prior to commencement of training, is given. Photographic, audio and video recordings of our courses are not allowed. Although our policy is one of open access, we reserve the right to refuse any course application at our discretion, and to terminate the training, without refund of fees, of any student whose conduct is deemed by us to be offensive/disruptive. If you have a learning difficulty or suffer/have suffered from any serious physical or mental condition which might impact on your training and subsequent professional practice, please discuss this in confidence with your tutor at the time of enrolment. For any help/advice please don't hesitate to call us. Details of course timings, directions, and, where appropriate, a reading list will be sent to you with your receipt. Nothing in our prospectus or this document forms a contract.



# Mindfulness Teacher Training

## 5 Day Intensive Practitioner Course

### British Psychological Society (BPS) approved training



Mindfulness is a scientifically evidenced approach to helping with many unwanted conditions, including anxiety, depression, stress and pain. Representing a convergence of ancient contemplative traditions, along with modern neuroscience, mindfulness is not considered to be a therapy, even though its effects are profoundly therapeutic. It is therefore taught or facilitated by a mindfulness teacher.

At CEC we regard this as the most important of our courses. Available as a completely stand-alone and externally accredited training, the course also represents, for those who wish, an integral part of the Hypnotherapy Practitioner Diploma (HPD).

This certified teacher training is approved by The British Psychological Society and includes specialist tuition in mindfulness approaches, including the Mindfulness Now Programme

which offers a progressive fusion of key elements of Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT). Both are evidence based and the latter is recommended by the National Institute for Health and Care Excellence (NICE) for the prevention of relapse in recurrent depression, combining mindfulness techniques such as meditation, breathing (mind and body awareness) with elements from cognitive behaviour therapy (CBT) to help break the negative thought patterns that are characteristic of recurrent depression.

The 'Mindfulness Now' programme is capable of being fully integrated into talking therapy practice. As with all our courses, we assume no prior learning, but attendees should naturally have some meditation practice in order to make an effective teacher.

#### When you attend this training you will learn:

- Client / learner assessment protocols
- Cautions, safeguards and contra-indications
- Session recording and evaluation
- History of mindfulness and mindfulness meditation
- How to conduct mindfulness meditation sessions – seated, lying and movement based
- Attitudinal Basis (9 Attitudes – Kabat-Zinn)
- 3 stage breathing space
- Body Scan
- Breath and body awareness
- Mindfulness in wellbeing
- Mindfulness teaching techniques and methodologies
- Therapeutic interventions with mindfulness
- Developing the teacher's own mindfulness practice
- Conducting individual / group sessions
- The Mindfulness Now 8 weeks wellbeing programme
- Stress Reduction – the MBSR approaches
- Cognitive behavioural approaches – the MBCT approaches
- Integration of mindfulness with talking therapies
- Corporate applications of mindfulness / working with children

and much, much more!

To learn more please visit [www.mindfulnessnow.org.uk](http://www.mindfulnessnow.org.uk)

# Solution Focussed Hypno-Psychotherapy

## 5 Day Intensive Practitioner Course

### Including Classical and Analytical Hypnosis

The skills of assisting clients to resolve issues with which they may have struggled for some period of time, is, or should be, at the forefront of all psychotherapeutic training. Beginning with counselling skills and rapport building techniques, this 5 day certificated training develops into the use of Solution Focussed Hypno-Psychotherapy techniques, including the use of therapeutic metaphor.

Sometimes clients are resistant to change, possibly due to some secondary gain associated with the symptoms, often at an unconscious level. This course teaches ways of uncovering and resolving deeper issues through a number of time regression techniques.

We also teach you how to work safely and successfully with children and how to employ mind / body healing and pain control techniques. You will also learn how to use Eye Movement Desensitisation and Reprocessing (EMDR) a remarkable technique for overcoming post traumatic stress disorder and for removing fears and phobias.

A comprehensive training manual together with practical and written assignments is provided.

Unlimited, ongoing help and support is included within the training fees.

When you attend this training you will learn:

- Counselling techniques including Rogerian (Person Centred) and specialised counselling approaches
- How to “Scramble” Symptoms to dissolve their power and attachment
- A comparison of solution focussed and regression / analytical work including “Rapid Direct to Cause” techniques
- Therapeutic Metaphor
- Anxiety States Therapy
- Stress Management Techniques
- The De Shayzer “Solution Focused Therapy” Model
- Hypnotherapy and the successful treatment of IBS
- Treatment of emotional and psychosomatic disorders
- Working with substance misusers
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Inner Child healing
- Working with Children
- An introduction to “Gestalt” approaches
- Pain Control
- Safeguards and Ethical Considerations

and much, much more!

# NLP / Ericksonian Hypnosis Practitioner

## 5 Day Intensive Practitioner Course including new NLP Wellbeing Strategies

Ericksonian Hypnosis, which is also an important element of NLP, teaches us to utilise whatever the client presents us with, on the basis that the answers always lie within, no matter how deeply buried they may be. Ericksonian language patterns enable us to discover what our clients really want and how to use appropriate language and strategies, as therapists, to coach our clients, helping them to make rapid, genuinely effective and permanent change.

Created over 35 years ago, NLP is still continuing to evolve and develop. NLP Timeline Strategies provide elegant and powerful ways of achieving therapeutic progression, regression and real life changes through the use of visualisation. This certificated, 5 day course is

at the leading edge of Mindfulness Based Clinical Hypno-Psychotherapy training.

As with our other courses, this NLP / Ericksonian Hypnosis Practitioner Course is taught using the powerful principles of Accelerated Learning enabling the whole learning experience to be highly practical, absorbing and fun! If you want courses where you just sit and listen, then our training is not for you. NLP can best be learned by doing it. We teach you what to do and why we're doing it, then demonstrate it, and then get you to practise it.

A comprehensive training manual together with practical and written assignments is provided.

Unlimited, ongoing help and support is included within the training fees.

### When you attend this training you will learn:

- Skills of effective, clear communication (NLP Meta and Milton Models)
- How to gather specific high quality information from people and then use it to achieve successful outcomes
- The structure, content and application of Ericksonian Hypnosis
- How to improve the learning ability of yourself and others
- Coaching strategies with NLP and Ericksonian Hypnosis
- How to change unwanted behaviours in rapid and effective ways
- How to “see” what is going on inside yourself and others
- Speed Reading and Accelerated Learning techniques
- Phobia Release therapy, including the NLP Fast Phobia Release
- To work with anchors to create your own resourceful state of excellence – and teach others to do the same
- Working with internal states (Reframing - Parts Integration)
- Changing the way we internally represent - (NLP Changing Submodalities, including ‘Swish’)
- How to use NLP Timeline Strategies to clear negative influences from the past, and create a positive future
- How to successfully and ethically practice NLP and Ericksonian Hypnosis

and much, much more!

# Cognitive Behavioural Hypnotherapy

## 5 Day Intensive Practitioner Course including the “Quit 4 Life” Smoking Cessation Programme

Cognitive Behavioural Therapy (CBT) is a vital cornerstone of modern psychotherapy with wide levels of credible research and proven success in overcoming behavioural difficulties. You will learn here how powerful hypnosis/CBT strategies can assist clients to overcome unwanted behaviours/habits, including over eating and smoking.

This fully certified and accredited 5 day intensive course focuses on well tried and tested methods of assisting people to make powerful behavioural changes. The combined hypnosis/CBT models can be highly effective and all participants will learn to use them along with NLP and Emotional Freedom Technique (EFT) in a powerful combination which, for smokers, can often achieve complete success in as little as one single treatment session!

Smoking kills 120,000 people in the UK every year. Rates of smoking amongst 15 to 24 year olds are still amongst the highest in Europe (UK Government statistics). At today's prices, a 20 a day smoker will spend over £73,500.00 on cigarettes over the next 20 years. Its small wonder that smoking cessation therapists can charge a substantial fee, should they wish, for their services (on average £90 per hour).

Graduates of this training are able to register in The Hypnotherapy Directory and to become a ‘Quit 4 Life’ specialist with access to resources, including the use of the registered logo.

A comprehensive training manual together with practical and written assignments is provided.

Unlimited, ongoing help and support is included within the training fees.

When you attend this training you will learn:

- The background, theory and practice of Cognitive Behavioural Therapy (CBT)
- Hypnosis/CBT models for effective behavioural change
- Hypnotic inductions, including rapid trance techniques
- Safeguards and cautions – issues of responsibility, ethics and legality
- The history of hypnosis and the development of Hypnotherapy
- Hypnotic deepening techniques
- Emotional Freedom Technique (EFT) – a wonderfully powerful method of combining affirmation with tapping on meridian points
- The “Benefits Approach” therapeutic model
- The “Quit 4 Life” Smoking Cessation Method, including scripts and strategies for success
- How to use Hypnotherapy with groups of people
- How to take these skills into organisations and develop a thriving corporate practice

and much, much more!



# Tapping into the CEC Community

Training at Central England College offers you much more than just the courses. Our graduates gain free access to a community/network of like minded individuals. Many mutually supportive relationships are developed. Regular ongoing practise, mentoring and supervision sessions are offered to all current and former students. All students receive comprehensive training manuals.

## Enjoying Your Training

CEC courses are well known for that extra vital ingredient – fun! We know that you are likely to learn more if you are enjoying yourself. People often ask how we can squeeze so much into each course. With the accelerated learning techniques that we use you will probably be surprised to find just how much you have absorbed during the course.

## Who can benefit from our courses?

Our policy is one of open access and our intention is to make the courses widely available to all those with a genuine desire to assist others and themselves to make effective changes in their lives. We offer to interview every participant on our diploma programmes, either face to face or by telephone. This gives you the opportunity to ensure that the courses are right for you and for us to satisfy ourselves that we can genuinely offer you a successful completion of your training.

## Achieving the NCH/NCfE Hypnotherapy in Practice Diploma

Although each course is separate and individually certificated, upon completion of all four courses in any order together with completion of the respective assignments from each and portfolio for verification, delegates will be eligible to attain the Hypnotherapy in Practice Diploma (HPD). This is externally awarded by the National awarding body NCfE, accredited by the National Council for Hypnotherapy. Graduates may apply for professional registration and membership, discounted insurance, and to qualify to work within the NHS.

## Would you like to stay over, locally?

When it is safe, once again, to do so. The college has a list of accommodation in the very local area. From inexpensive B & B up to 4 star hotels, we will happily send you a list, if you ask us when you book your course.

## Terms and Conditions

We constantly seek to improve and update the quality and content of our training courses. We therefore reserve the right to change our syllabus and course contents. We also reserve the option, in certain circumstances, to change trainers, dates, training venues and method of delivery. If this does happen, and in all events, we endeavour to maintain the quality and value of our training. Course fees are not refundable although transfer to alternative dates may be offered provided that a clear 30 days notice prior to commencement of training, is given.

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your tutor at the time of enrolment. For any help/advice please don't hesitate to call us. Details of course timings, directions, and, where appropriate, a reading list will be sent to you with your receipt. Nothing in our prospectus or this document forms a contract.

## Intensive One to One Training

A very small number of places, for each course, are available for those with time constraints or who wish to qualify through an intensive, one to one trainer/student or micro-group route. The number of hours of attendance can be significantly reduced and the qualification attained in a considerably shorter timeframe (subject to completion of assignments). If you feel this is for you ask us for details.

## Funding/Training Grants

Unfortunately the college currently has no access to any public funding/grants

## Mind Wide Open....

Mind Wide Open is a one-day introduction/taster of CEC training. Participants are invited to attend the first day of any of our courses, without obligation, as an ideal (low cost) taster if they are considering training with us. After attending the first day, if space permits, attendees may, if they wish, continue attending the same course, but there is no pressure or obligation to do so.



# 15 Excellent Reasons to Train at Central England College!

**1** This is a completely unique, integrated, Mindfulness Based Hypno-Psychotherapy qualification.

**2** The only world-wide opportunity to train with the founder the of Mindfulness Based Clinical Hypnosis (MBCH), Nick Cooke.

**3** A multiple award winning college housed in its own beautifully restored Edwardian building in Birmingham. During the COVID crisis training is safely delivered in real-time, guided, interactive format via Zoom.

**4** Unique, two stage qualification process enabling students to commence professional practice, under supervision, whilst they are still completing the second stage of their training.

**5** Provides professional access to The Mindfulness Teachers Register as well as The National Council for Hypnotherapy (NCH), The Association for Professional Hypnosis and Psychotherapy (APHP) and The National Register of Psychotherapists and Counsellors (NRPC).

**6** Centre of excellence for mindfulness teacher training. Course approved by The British Psychological Society (BPS)

**7** Graduates are eligible to apply for professional indemnity and public liability insurance.

**8** Onsite parking available at the training venues.

**9** Ongoing, indefinite help and support is provided to all students and graduates as well as low cost clinical supervision.

**10** A programme of continuing professional development (CPD) trainings is provided.

**11** A free developmental journal - 'Breathing Space' is supplied to all students and graduates on a regular basis.

**12** Training in practice-building / marketing, is included within the course fees.

**13** 'Practice ready' training with ongoing professional support.

**14** A small library of books and other resources for students and graduates is maintained in the college, with a free loan facility.

**15** Students and graduates are entitled to free membership of professional associations during their training, and also can gain access to professional conferences of the NCH and APHP.

## Continuing Professional Development (CPD) and Group Supervision – 2021

Professional therapists and mindfulness teachers are required to maintain their Continuing Professional Development (CPD) and supervision to uphold professional learning standards and to meet the requirements of whichever professional association they belong to. Normally for CPD this is a minimum of 14 hours, or two days of CPD during each twelve months period.

Supervision requirements vary according to experience and workload and we are happy to provide individual advice. The list below shows CPD events for mindfulness teachers and hypnotherapists currently scheduled for 2021, but new events are being added, so please check the relevant websites regularly.

### Saturday 20th February 2021

**Rebecca Semmens-Wheeler**

#### The Learning Pathway – Deepening Perspectives in Mindfulness Teaching

Valuable developmental learning for all mindfulness teachers, this practical workshop explores scientific research into mindfulness, as well as the skills of inquiry, successfully guiding practice, and exploring what, as teachers, we bring to the teaching, especially in presence, embodiment and managing challenges. The course also provides an integration for bringing your own unique strengths and qualities into your teaching, as well as an exploration of how we can employ both the being and doing modes of mind into our teaching practice

### Saturday 13th March 2021

**Tony O'Shea-Poon**

#### Mindfulness and Buddhism: Lessons from Plum Village

Students of mindfulness today are often intrigued by its Buddhist roots and enthusiastic to learn more. As mindfulness teachers, we can greatly enhance our teaching and enrich the experience of our participants by learning more about Buddhist practices that still hold so much relevance for us today.

This practice day will look at what the Buddha taught on mindfulness and the relevance of the teachings today. Mostly, we will practice mindfulness in the Plum Village tradition, as taught by Buddhist Zen Master, Thich Nhat Hanh. We will enjoy mindful movement, mindful walking, mindful eating, deep relaxation, the sound of the bell and the contemplations of looking deeply, touching the earth and inter-being.

Participants will experience a deeper connection with the roots of mindfulness and have greater confidence to bring some of this to their teaching practice.

### Saturday 17th April 2021

**Geraldine Lee-Treweek**

#### Working with Coercive or Controlling behaviour

This course provides an introduction to the above, for the purposes of CPD. For therapists, coercive control is interesting because it is about controlling a person, often without them often fully comprehending what is happening. Recent depiction of a case of coercive and controlling behaviour on the TV soap Coronation Street, has drawn press coverage and resulted in more survivors stepping forward to gain help. This practical CPD course provides understanding of the issues themselves and how they may best be treated.

### Saturday 3rd July 2021

**Rachel Broomfield and Madeleine Agnew**

#### Working with Children and Introducing 'The Mindful Child Programme'

To meet ever increasing demand for children's well being programmes, including mindfulness, this one-day CPD event will focus on broadening the skills and techniques you have in your 'working with children' toolbox. This course will build upon some of the practical activities shared on the Mindfulness Now course and will bring together practical, fun ideas and child friendly meditations that you can use on an ad-hoc basis or as part of our brand new six weeks programme, The Mindful Child. Both Rachel and Madeleine have wide experience of working with children and presenting to adults and this workshop is open to all qualified mindfulness teachers.

### Saturday 23rd October 2021

**Nick Cooke**

#### Evidence-Based Approaches to Pain Reduction

There is clear evidence of the effectiveness of mindfulness and other 'talk' related approaches in helping with pain, but just how can we most effectively help? For all mindfulness teachers as well as for therapists, this one-day practical / experiential workshop provides an opportunity to delve a little deeper into this work of vital importance. It covers theory and practice, including some hypnotherapy interventions, with a focus on evidence-based approaches, and assessment methods. A detailed training manual and PowerPoint slides are provided. Some time is also allowed for developmental support and discussion.

### Fees for all CPD Events:

The attendance fee for each event is £130 for students and graduates of Mindfulness Now / CEC, and £160 to all others.

### Group Supervision for College Graduates

Group supervision is offered to all qualified mindfulness teachers and hypnotherapists from any accredited training school.

Supervision/Support meetings 2021. All meetings are held online via Zoom. They commence at 10.00 AM and conclude at 12.00 Noon. The cost of attendance is £30 per session.

### Dates for Supervision/Support Network Meetings - 2021

|                             |                              |
|-----------------------------|------------------------------|
| Saturday 9th January 2021   | Saturday 10th July 2021      |
| Saturday 13th February 2021 | Saturday 25th September 2021 |
| Friday 5th March 2021       | Friday 8th October 2021      |
| Saturday 10th April 2021    | Saturday 13th November 2021  |
| Friday 14th May 2021        | Friday 10th December 2021    |
| Saturday 12th June 2021     |                              |

- Centre of Excellence for Mindfulness Teacher Training. Course approved by The British Psychological Society (BPS)



- Award Winning Science Based Training
- Effective Changes Through Self-Directed Neuroplasticity (SDN)
- 'Practice-Ready' Training with Ongoing Professional Support
- UK Centre for Training in Acceptance and Commitment Therapy (ACT)
- During the COVID crisis all events will be safely conducted in real-time guided, interactive format, via Zoom



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