



Investigating Awareness

a four-day training/retreat for professionals

November 11 –14, 2010 The Guest House Center Chester, CT

Living intentionally

Even when we mean to take better care of ourselves in our personal and professional lives, we often overlook our own self-care. During these four days we will explore mindfulness as a way to relate to ourselves and to the reality of our lives with kindness, compassion and wisdom.

What is our question?

What if I lived my work mindfully? What would my work look like? This retreat/training is focused on helping you explore the relevance of formal and informal mindfulness practice in terms of your personal well-being and professional intention.

What can get in our way?

The heart of these four days will be in exploring how the embodiment of mindfulness practice can not only inform our personal lives, but transform how we experience and are with others' suffering. We will investigate what can get in the way of our being fully present and how that can affect the delivery of mindfulness in our professional settings.

Mindfulness practice

Throughout the four days we will explore the relevance of formal and informal mindfulness practice in our personal and professional lives.

We will bring understanding to the role that habitual thought and mood patterns play in our behaviors and develop skills that promote ways of responding that provide alternative options to reduce reactivity.

We'll look at how developing and maintaining a personal practice can help cultivate adaptability and stress resilience in our lives.

Who this program is for

This program is for therapists, clinicians, educators, healthcare providers and MBSR, MBCT or MB-EAT teachers who want to strengthen their personal mindfulness practice and skills with clients/patients, program participants and students. Application for CEs has made for some professions.

Facilitators:

Susan Woods, MSW, LCSW, is a mindfulness-based psychotherapist and teaches Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT) for the prevention of relapse in Depression. She teaches MBCT professional training programs for health professionals and provides consultation and supervision in mindfulness-based approaches to businesses and health-care professionals. Ms. Woods is a published author in the training of professionals in mindfulness and is certified by the Center for Mindfulness, University of Massachusetts Medical School as an MBSR instructor. She is a certified yoga instructor. www.slwoods.com

Char Wilkins, MSW, LCSW, is a mindfulness-based psychotherapist, teaches MBSR, MBCT and MB-EAT programs and specializes in working with women with trauma histories and eating disorders. She teaches MBCT and MB-EAT training programs for professionals. Ms. Wilkins trains professionals in the application of mindfulness in psychotherapy and provides consultation in the use of mindfulness in professional settings. She serves as president of The Center for Mindful Eating, and is the owner/director of the Center for Mindful Living in CT. www.amindfulpath.com

The format

This program is both experiential and didactic, invites group discussion, and provides time for self-reflection. Each day will include formal and informal mindfulness practice. The program is appropriate for all levels of mindfulness practice.

Program objectives: you be able to;

- Define the practice of mindfulness
- Name the characteristics of mindfulness-based approaches; the difference between “being” mode vs. “doing” mode
- Develop various skills that deliver mindfulness interventions in the workplace
- Develop /strengthen a personal mindfulness practice

Registration and more information is available at www.amindfulpath.com.