

*Continuing Professional Development Workshop*

# *Introduction to Mindfulness and Stress Reduction*

**Led by: Joanna Beazley Richards, MSc, TSTA, Cpsychol.**

**Sunday 24 March 2019 (9.30 to 4.30)**

**Mindfulness is a way of paying attention to the present moment and is designed to help people become more aware of their thoughts and feelings in a way that facilitates a greater ability to manage them appropriately.**

**This workshop will be an introduction into what Mindfulness is and what it means to be mindful, to the history and theoretical underpinnings of Mindfulness, and how you can use it both personally and professionally.**

**About the Workshop leader**

Joanna is a Chartered Psychologist, a Teaching and Supervising Transactional Analyst, and is specially qualified in relation to learning disability. She has worked with children all her life. Joanna has had a psychotherapy practice for more than thirty years and is an experienced Trauma specialist. Joanna has a special interest in working with the victims and perpetrators of violence and sexual offences. She is the founder and Managing Director of the Wealden Psychology Institute.

**This Workshop is recognised as 6 hours Continuing Professional Development - Cost: £ 110  
Venue: Wealden Institute Crowborough**

**Workshop Entry requirements:  
All levels. Leads to UKATA Award and UKATA Diploma for members of UKATA.**

I would like to book a place on the 'Introduction to Mindfulness and Stress Reduction' Workshop  
On Sunday 24 March 2019 at Wealden Institute Crowborough (9.30 to 4.30)

TITLE:	FULL NAME:
ORGANISATION:	
ADDRESS:	
	POSTCODE:
TELEPHONE(S):	
EMAIL:	
I AGREE TO WEALDEN INSTITUTE CONTACTING ME BY EMAIL IN FUTURE, PLEASE TICK HERE:	
DIPLOMA IN COUNSELLING STUDENTS PLEASE TICK HERE IF THIS IS ONE OF YOUR PREPAID WORKSHOPS:	
SIGNATURE:	I AGREE TO PAYING THE FEE OF £ 110

NB. Your booking will not be accepted without payment and is non-refundable within three weeks of the Workshop date.