

Continuing Professional Development

Mindfulness and Relaxation

This workshop will enable participants to explore the experience of relaxation, through the practice of mindfulness at our little organic farm in High Hurstwood.

Led by: Joanna Beazley Richards MSc, TSTA, Registered Trauma Specialist

Thursday 1 July 2021

The workshop will be taught at College Farm, Fowley lane, High Hurstwood, TN22 4BG. Teaching methods will be didactic and experiential. Please bring suitable clothing for outdoor and indoor activities at the farm.

Please also bring some food for lunch

About the 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.

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| This is recognised as 6 hours Continuing Professional Development - Cost: £ 119 | |
| Venue: College Farm, Fowley Lane, High Hurstwood, TN22 4BG – workshop held online | |
| Entry requirements: | |
| No prior training required. Leads to UKATA Award and UKATA Diploma for members of UKATA. | |
| I would like to book a place on the 'Mindfulness and Relaxation' On Thursday 1 July 2021 at College Farm, Fowley Lane, High Hurstwood, TN22 4BG | |
| 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 £ 119 |
| Our preferred payment method is by online Bank transfer to (please reference with your name): Account number: 91275682. Sort Code:40-18-39 NB. Your booking will not be accepted until payment is confirmed; both prepaid and paid workshops are non-refundable if cancelled within 3 weeks of the workshop date. | |