

## Continuing Professional Development Workshop

# *Mindfulness and the Senses*

Led by: Joanna Beazley Richards TSTA, Registered Trauma Specialist

Saturday 29 August 2020 (9.30 to 4.30)

This largely experiential workshop will take place at College Farm, High Hurstwood (3.5 miles south of Wealden Institute in Crowborough). Participants will be introduced to mindful experience, using all five senses. Vegetarian, organic food will be provided as part of the day's learning.

Please note that the training takes place on a working farm. Please come prepared for outdoor activities and exercises, with weather-appropriate clothing, in particular rubber boots or similar footwear.

### 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 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.

<b>This Workshop is recognised as 6 hours Continuing Professional Development - Cost: £ 119</b>	
<b>Venue: College Farm</b>	
<b>Workshop Entry requirements:</b> <b>No Prior training required</b>	
I would like to book a place on the 'Mindfulness and the Senses' Workshop On Saturday 29 August 2020 at College Farm (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 £ 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 payment until payment is confirmed and is <u>non-refundable within three weeks of the Workshop date.</u>	