

**Continuing Professional Development**  
***Mindfulness and the emotions***  
*Workshop held at College Farm*

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

**Saturday 5 December 2020**

**This workshop will enable participants to explore the mindful experiencing and expression of emotions, at our little organic farm in High Hurstwood. The learning objectives for the workshop are that participants will be able to; define mindfulness, describe the benefits of mindfulness in everyday life, Be aware of research findings in relation to the benefits of mindfulness and health, be able to state three benefits of mindful, be aware of research findings in relation to the benefits of mindful experience of emotions, in relation to health. experience of emotions, be aware of research findings in relation to the benefits of mindful expression of emotions, in relation to physical and mental health.**

**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 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 is recognised as 6 hours Continuing Professional Development - Cost: £ 119</b>	
<b>Venue: College Farm, Fowley Lane, High Hurstwood, TN22 4BG – workshop held online</b>	
<b>Entry requirements:</b> <b>Anyone, no prior training required.</b>	
I would like to book a place on the 'Mindfulness and the emotions' On Saturday 5 December 2020 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:	
I CONFIRM THAT I SATISFY THE ENTRY REQUIREMENTS FOR THIS TRAINING; PLEASE TICK:	
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.	