

Continuing Professional Development Workshop

Mindfulness of Nature

Led by: Joanna Beazley Richards TSTA, Registered Trauma Specialist

Saturday 6 June 2020 (9.30 to 4.30)

In this workshop, held at College Farm, four miles south of Wealden Institute, we will explore what it means to connect mindfully with nature. Participants will spend time in the natural world and experience its beauty and intrinsic value through the art of mindfulness, using all of our senses, and learn how we can learn to be more mindful of nature in everyday life.

We shall explore how a deeper awareness of nature is key to inspiring us to care about and protect our planet and its resources in nature, and helping to develop a more sustainable world.

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.

This Workshop is recognised as 6 hours Continuing Professional Development - Cost: £ 119	
Venue: Wealden Institute Crowborough	
Workshop Entry requirements:	
Participants must have completed at least on year's training in therapy or counselling. Workshop counts as 6 hours TA training.	
I would like to book a place on the 'Mindfulness of Nature' Workshop On Saturday 6 June 2020 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:	
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 payment until payment is confirmed and is <u>non-refundable</u> within three weeks of the Workshop date.	