

Continuing Professional Development

Mindfulness of Nature

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

Thursday 10 June 2021

This workshop will take place at College Farm. The workshop will enable participants to be mindful of their experience of being outdoors in the natural environment of a rural setting. Exercises will include mindfulness of emotional response, of sensory experience and awareness of ego-states. Participants are encouraged to wear suitable clothing and footwear suitable for outdoor activities.

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 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.

<p>This is recognised as 6 hours Continuing Professional Development - Cost: £ 119 Venue: College Farm, Fowley Lane, High Hurstwood, TN22 4BG – workshop held online</p>	
<p>Entry requirements: No prior training required. Leads to UKATA Award and UKATA Diploma for members of UKATA.</p>	
<p>I would like to book a place on the 'Mindfulness of Nature' On Thursday 10 June 2021 at College Farm, Fowley Lane, High Hurstwood, TN22 4BG</p>	
TITLE:	FULL NAME:
ORGANISATION:	
ADDRESS:	
	POSTCODE:
TELEPHONE(S):	
EMAIL:	
<p>I AGREE TO WEALDEN INSTITUTE CONTACTING ME BY EMAIL IN FUTURE, PLEASE TICK HERE:</p>	
<p>DIPLOMA IN COUNSELLING STUDENTS PLEASE TICK HERE IF THIS IS ONE OF YOUR PREPAID WORKSHOPS:</p>	
SIGNATURE:	I AGREE TO PAYING THE FEE OF £ 119
<p>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.</p>	