

## Continuing Professional Development

# *Mindfulness and the Senses*

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

**Thursday 8 July 2021**

**This workshop will introduce participants to; Finding inner peace with mindfulness and the five senses; Mindfulness and the power of living in the moment, embracing our current circumstances without judgement or pretence; Being a conscious observer; Our senses as our window to the world; experiencing life through our senses; The unique quality of each of our senses.**

### 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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| <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>No prior training required. Leads to UKATA Award and UKATA Diploma for members of UKATA.</b>  |                                    |
| I would like to book a place on the 'Mindfulness and the Senses'   |                                    |
| On Thursday 8 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. |                                    |