

# Teaching Mindfulness in Clinical Practice, Level 2

A 2-day Course for 6-15 people.

## Executive Summary:

Expanding understanding and developing mindfulness practices for self and client. This programme builds on the introductory course “Mindfulness: What it is and How to use it, Level 1”.

## Who should attend?

The course is suitable only for those who have attended “Mindfulness: What it is and How to use it, Level 1” or those who have an established personal mindfulness practice.

## The course covers:

- Mindfulness will be looked at in more depth both as a personal support resource and how it can be utilised with increasing benefit for clients recently introduced to practicing it themselves.
- Attendees will be offered the opportunity to explore how their mindfulness practice is developing both for themselves and in their work. More advanced practices will be introduced. Examples will be studied of how these additional techniques can be adopted by clients developing their practice, in line with the “mindfulness learning model, introduced previously.
- Tutored by a mindfulness practitioner and qualified trainer, the course focus will be on learning by experience and dialogue.

## What you receive as a result of attending the course:

All delegates are registered at APT HQ as having attended the course, and receive a certificate to acknowledge their attendance and registration. As a bona fide APT event, this course automatically has accreditation from The Association for Psychological Therapies. This accreditation is given weight by the fact of over 100,000 professionals having attended APT training.

### Delegates' Feedback

Average presentation rating: **100%**



Average relevance rating: **98%**



### Written Feedback:

“Another inspiring and highly professional course run by the tutor. I feel this really consolidated my learning from Mindfulness Level 1 ... I feel inspired to really use this learning in my life, as well as my work.”

To discuss or place an order call **0116 241 8331** or email [office@apt.ac](mailto:office@apt.ac)