

# Teaching Mindfulness in Clinical Practice, Level 1

A 2-day Course for 6-15 people.

## Executive Summary:

Mindfulness is a psychological intervention that we dream of: it works both for clients/patients and us, and its effectiveness is demonstrated not just by clinical studies but by the unusual number of people testifying to its benefit. Moreover it is a quick, simple concept with obvious validity and relevance. It fits with the thinking of those who maintain that "To live effectively and well cannot be a complicated thing, so any intervention to help people do so should not itself be complicated".

## The course covers:

1. What is Mindfulness? – (a brief history and) defining characteristics.
2. How to do it - how to start, and how to become a practitioner.
3. Introducing mindfulness to the client/patient.
4. Applying a mindful approach to issues presented by clients/patients.
5. Empowering the client/patient by having them see it work.
6. Developing mindfulness into a fundamental tool of support for the client/patient.

## What this course will do for you:

If you are a complete novice to mindfulness, you will know how to use elementary techniques (demonstrated and practiced on the course) with your clients and, if you are committed to practicing, will build up your confidence and effectiveness. So as a result of the course you will:

1. Know what mindfulness is and is not.
2. Be able to use mindfulness meditation yourself.
3. Be able to take a mindful approach to your emotions.
4. Be able to impart the benefits of mindfulness to your clients/patients and help them to practice it when you feel confident enough to do so.
5. Receive certification, and registration on APT's register as having attended.

## 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: **98%**



Average relevance rating: **97%**



### Written Feedback:

"The most engaging course I have been on, the tutor was second to none in not only keeping the material fresh and thought provoking, but in using humour, a personal touch and an openness to perfection. This was infectious and was adopted throughout the group as a result."

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

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

APT, The Dower House, Thurnby, Leicestershire, LE7 9PH | Tel: 0116 241 8331 | Email: [office@apt.ac](mailto:office@apt.ac) | Web: [www.apt.ac](http://www.apt.ac)