



Mark Bowden & Patricia Geraghty
Mindfulness Training & Coaching
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www.mindbase.co.uk

Mindfulness and Self-Compassion Skills Training a course at Waterloo Wellbeing Centre

Most of us feel compassion when a close friend is in difficulty or struggling – often more easily than we feel compassionate towards ourselves. But research shows that self-compassion enhances emotional wellbeing, reduces anxiety and depression, and can help motivation in maintaining diet and exercise routines. *Self-compassion is a skill you can learn.* It develops emotional strength and resilience, allows you to recover more quickly from setbacks, and gives you the support you need to make the most of your life.

Self-esteem – feeling OK about yourself – is obviously easier when things are going well (though not always even then). But difficulties in life are sure to come our way at some time or other. We can then find ourselves falling into self-pity or self-criticism. Finding fault in ourselves when things go awry is a tendency – often conditioned by our upbringing – that just adds more stress to our lives. Critical self-talk jumps in before we know what's happening.

But suppose you took some moments to calm, comfort and care for yourself when you felt bad – just because you felt bad – much as you would do for someone close to you?

This course draws on recent research into the experience and value of kindness and compassion, using the work of Kristin Neff, Christopher Germer, and Paul Gilbert, as well as our own combined experience of many years teaching. You will learn:

- how to stop being hard on yourself and handle difficult emotions more easily
- how to motivate yourself with encouragement rather than criticism
- how to transform difficult relationships, both old and new
- mindfulness and self-compassion practices for home and everyday life
- the theory and research behind self-compassion and how it differs from self-esteem

The course includes CDs with tutor-led instruction to help you practise at home, and you will be encouraged to practise self-compassion in everyday life. Some previous experience of mindfulness or similar meditation or awareness practice is desirable. Contact us if you would like to do the course and talk over what it involves. The course is entirely non-religious and secular.

More information can be found on the websites of Kristin Neff (www.selfcompassion.com) and Christopher Germer (www.mindfulselfcompassion.com).

Who we are



Mark Bowden (BA, PGCE) began teaching yoga and meditation in the early 1980s and is a former Director of Bristol Buddhist Centre. Patricia Geraghty is a Yoga Tutor (BWY) and Counsellor (PGDip, MBACP Accredited) with many years' experience of working in the NHS and in private practice. Mark and Patricia have experienced



training with the Centre for Mindfulness Research & Practice at the University of Wales Bangor and the Breathworks organization in Manchester, and have recently attended training with Kristin Neff and Christopher Germer. Mark is also an Associate of Exeter University Mindfulness Network and has contributed to research programmes at Bristol and Southampton Universities.

The course and how to apply

This course is a training in using mindfulness and self-compassion skills to relieve the distress of unhelpful self-criticism and develop healthier sources of motivation and self-sustenance. It's particularly suitable for those who have already attended a basic mindfulness course (MBCT, MBSR, or similar) or have some similar experience through the practice of yoga, tai chi, or other forms of meditation.

The course is held regularly at Waterloo Wellbeing Centre, 191 Devonport Road, Stoke, Plymouth PL1 5RN, and comprises eight weekly sessions and a Saturday morning session (this is usually around the midpoint of the course). For dates and times of the next course, visit our website www.mindbase.co.uk.

To apply, **either** complete the application form that follows and return it by post to me, Mark Bowden, at the address given at the end, **or** contact me at info@mindbase.co.uk for an e-mail application.

I will then contact you and we can talk over your application, either by 'phone or in person. Once your application for the course is accepted (after we have spoken), the balance of payment is due. If you are subsequently unable to attend the course, depending on circumstances, we can discuss transferring some of your payment to another person (if they are accepted onto the course) or to a future course or event.

Or contact me by phone or e-mail if you would just like to talk more about the course before applying.

Cost

The cost of the course is £195. Concessions are often available; please enquire. This includes a preliminary orientation session before the course starts, the eight sessions and weekend morning of practice, CDs and a coursebook to guide your practice at home, as well as 'phone support between sessions if required.

The course is also available individually one-to-one, either in person or by distance learning; this has the advantage that session times can be arranged more flexibly. To apply for your place on the course, or to talk more about mindfulness, contact us on 01752 405173 or at mindbase@talktalk.net.

Having read through this information, if you are still wondering whether the course is appropriate for you at this time in your life, contact us and we can talk it over.



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Mindfulness and Self-Compassion Skills

Application form

Which course are you applying to join?

Your Name

Your Age:

Address:

Home phone:

Work phone:

Mobile phone:

E-mail:

A few questions

Below are a few questions which will help us understand your reasons for taking this course. Respond briefly now and we'll arrange to speak further.

Firstly, how did you hear about the course?

Please say a little about your reasons for attending this course.

Your previous experience of practices such as meditation, yoga, tai chi, or similar?

Practice between sessions is part of the course. Are you able and willing to do this? (If you feel this could be difficult, we can discuss what a realistic commitment might be for you.)

On a scale between 1 (= Virtually no stress most of the time) to 10 (= Extremely stressful most of the time), how would you rate your current experience of everyday stress in your life? (I refer to your general sense of the demands of your everyday life.)

Are there any particular stressful elements in your life at present? (I refer to “big changes” happening or about to happen: things such as changes in close relationships, work, where you live, health. These could be positive or negative.)

What do you think you might find difficult about the course?

What do you think you will most enjoy about the course?

Return this form to: Mark Bowden, 14 Peeks Avenue, Plymouth PL9 9BZ. For more information contact me on 01752 405173 or at info@mindbase.co.uk

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