

## **IICP College: Professional Certificate in the Therapeutic Use of Mindfulness (<https://www.activelink.ie/node/112310>)**



### **Professional Certificate in the Therapeutic Use of Mindfulness, 3-day Online Workshop**

#### **Introduction:**

The value of mindfulness in therapy has been espoused by such figures as Dr Tony Bates, former principal clinical psychologist at St James's Hospital and Dr Jon Kabat Zinn, founder and director of the Mindfulness Based Stress Reduction Clinic at the University of Massachusetts Medical Centre.

Mindfulness is increasingly recognised as a valuable intervention in counselling internationally. In the field of medicine, more Irish doctors now recommend mindfulness to patients. Millions of people around the world practice mindfulness to enhance their experience of living. Put simply, mindfulness involves continually returning your awareness to your present-moment stream of experience in a non-judgmental way. This very simple approach, though at odds with our normal way of thinking, can be very helpful to people suffering loss, anxiety, stress, depression and other aspects of the human condition

#### **Course Content:**

- Definitions and purpose of mindfulness.
- Exploration of the use of mindfulness with clients.
- Exploration of the use of mindfulness in your own life.
- Consideration of the scope and limitations of mindfulness as a therapeutic tool.
- Opportunities to role-play in triads as therapist, client and observer using participants' own case work.
- Opportunities to practice mindfulness during the course days and guidelines for practice at other times.
- An introduction to the basics of Buddhist psychology from which mindfulness emerged.
- Understanding how Buddhist psychology 'fits' with Cognitive Behavioural Therapy and other Western approaches.

#### **Who is this Course for?**

This course is intended for therapists, mental health practitioners and for those professionals who would like to add mindfulness to the range of clinical interventions available to them. Additionally, it is ideal for those who would like to use mindfulness in their own lives. Participants will gain a rewarding life skill and a valuable tool for intervention.

#### **Course Structure:**

The core ethos of IICP is to provide a student centred, warm and supportive learning environment. The programme is highly interactive, experiential and taught through lectures, small group work and role-plays.

#### **Facilitator: Pdraig O'Morain**

M.A. (Creative Writing), B.Sc. (Hon. Psychology), MIACP and Supervisor, MWGII, Diploma in Counselling, Graduate Member of British Psychological Society.

Pdraig O'Morain is a counsellor, supervisor, trainer, writer, poet and journalist who writes and speaks on psychology and on how people can apply its lessons at work and in their personal lives. His columns on mental health issues appear in The Irish Times and the Irish Medical News. He has a master's degree in creative writing and a degree in psychology, a Diploma

in Counselling and has completed the Certification process in Choice Theory, Reality Therapy and Quality Management.

## Dates:

- Wednesday 22nd January 2025
- Wednesday 29th January 2025
- Wednesday 5th February 2025
- 09:30am – 4:30pm

## Cost:

- €295.00

**Certification:** The college will issue a certificate of attendance. CPD: 18 Hours

**Venue:** This workshop will take place online, using a software called Zoom. Participants will be sent a link to join the online platform before the course commences.

**For further information call IICP College 087-9055330 (Tel:0879055330) or book online at <https://www.iicp.ie/cpdcourses/mindfulness/> (<https://www.iicp.ie/cpd-courses/mindfulness/>)**

## Region

Online / Zoom

## Date Entered/Updated

21st Nov, 2024

## Expiry Date

21st Jan, 2025

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