

Using Mindfulness in Counselling (2nd Run)

Susanna Howlett

Dates: 23-25 March 2010 (3 Days, 9am-5pm)

Venue: St Andrew's Lifestreams
Singapore

INTRODUCTION & COURSE OBJECTIVE

A practitioner who is trained in mindfulness practice develops a finely tuned ability to 'read the internal weather' of one's being, which can then be brought to the experience of being with their clients. An invitation is then offered to the clients to accept their experiences as it is with all its pains and joys. The practitioner and client can learn to turn towards, be with and explore the physical sensations, thoughts and emotions that make up the experience in each moment. It is not a matter of making sense or coming to terms but coming to realise that in the simple act of 'being with' new possibilities can emerge.

This course is designed to expand the practitioners' capacity to apply mindfulness to their work with clients as a safe method of self study and self mastery for the client; as a basis for using other therapeutic methods; as a pathway to core organising principles in the client's world view.

CONTENT

Day 1: Mindfulness Practice for the Therapist

- What is mindfulness- turning attention inwards
- Now perspective; witnessing presence
- What is not mindfulness; relationship to meditation, trance, hypnosis, religious practices
- Psychotherapy frameworks & mindfulness
- Development of the reflective self
- Presence in the counsellor; attunement
- Use of mindfulness to work with counter-transference and projective identification
- Clearing the therapist's system of negative energy

Day 2: Mindfulness Practice for the Client

- Self study, self acceptance & mindfulness for clients
- Place & timing for mindfulness in sessions with clients; groups & individual

- Reducing the magnetic pull of habit drama
- Introducing & teaching mindfulness with clients – techniques, purpose, homework & follow-up
- Developing the reporting witness in the client
- Therapeutic approaches & integration of mindfulness

Day 3: Working in Mindfulness with the Client

- Establishing relationship & therapeutic alliance
- Permission of the client to work with mindfulness
- Setting up mindfulness state & working within, followed by return to ordinary consciousness & closure
- Mindfulness as a path to care organizing principles
- Reducing the magnetic pull of habit drama
- Completing unfinished experiences
- Relating appropriately with developmental level of inner consciousness

CLASS SIZE: Max. 20 participants

CERTIFICATE OF ATTENDANCE: Trainees are expected to meet minimum 75% of the course attendance to be eligible for the "Certificate of Completion". VWO applicants are subjected to NCSS terms and conditions.

TRAINER

Susanna Howlett is a psychotherapist and counsellor, an occupational therapist, a qualified psychodramatist and a graduate of the Hakomi (mindfulness based) psychotherapy training course. She has 26 years experience in private practice at The Wasley Institute in Perth, Western Australia (www.wasley.com.au) where she provides counselling, psychotherapy and professional supervision services. Susanna is a co-director of the Professional Supervision six month training course (www.supervisionwa.com.au) in Perth. Susanna has 13 years experience as lecturer and later as senior lecturer in the New Zealand and Western Australian Schools of Occupational Therapy.

She was group psychotherapist at a private psychiatric hospital for 15 years and the Training Director of the Yorgum Aboriginal Womens Counselling Training Course for 4 years. Susanna has just completed 4 years as editor of the newsletter for the Psychotherapists and Counsellors Association of WA.

What participants said about the course:

"This training has helped me to be more mindful when I am in the presence of clients. It has also taught me techniques for me to practice mindfulness for myself and for clients. It has also enable me to know about loving presence and the importance of creating such therapeutic environments at the work place"

"Susanna is a great trainer who is so mindfully present in throughout the work shop. She practices what she preaches and does so with such loving presence"

FEE : \$803 (Inclusive of 7% GST) VCF subsidy is applicable to NCSS Member VWOs

\$ 321.20 (60% VCF subsidy for Singaporean/PR)

\$ 481.80 (40% VCF subsidy for Employment Pass/Work Permit)

VWO applicants are to apply online directly via VWO corner link www.ncss.gov.sg for the VCF training grant and send in your approved VCF ref no. and letter with the registration form.

Terms & Conditions

* Registration will only be confirmed upon receipt of the completed registration form and payment before the training starts. Please call us if you do not receive any reply from us.

* VCF applicants are liable to pay full course fee if VCF approval is not granted.

* No refund for cancellation / non-attendance, however replacement is allowed. Please write to us 1 week before the course starts.

Registration: Pls contact Ms Eileen Wong Tel : 6282-1552 Fax : 6282-5132 Email : admin@lifestreams.org.sg

REGISTRATION FORM

Mindfulness [Closing date: 2 Mar 2010]

BILLING DETAILS

Organisation : _____ Department: _____

Address : _____ Postal Code (_____)

Contact Person : Mr/Ms : _____ Designation: _____

Tel : (O) _____ (Fax) _____ Email : _____

NCSS Member : Yes / No VCF Approved Ref. No. _____

(Pls forward VCF approval letter with application)

PARTICIPANT'S DETAILS

Full Name (As in NRIC) Mr/Ms/Dr _____ Designation : _____

Qualifications in Counselling/Psychology/Social Work: _____

Nationality : _____ I/C No / FIN / Passport No : _____

Address : _____ Postal Code (_____)

Tel : (O) _____ (HP) _____ Email : _____

Course Fee : _____ Cheque No. _____ Amount : \$ _____

All cheques made payable to : "St. Andrew's Lifestreams" with the title of the training indicated clearly on the back of the cheque, and mail to:

St Andrew's Lifestreams, 1 Francis Thomas Drive, #02-05, S(359340)