

## **CPD MASTER CLASS WEEKEND EVENT**



### **Clinical and Coaching Applications of Mindfulness**

Developing Mindfulness practice and related philosophies to enable established mental health practitioners and HR / business coaches to utilise these key principles and techniques in a clinical therapeutic or coaching setting.

**Martin J Smith PhD**

**Each two-day event fully inclusive is just £220.00**

(Early booking recommended - places are limited to 8)

Cost includes refreshments, lunch, course notes and certificate of attendance.

**Saturday 21st April  
Sunday 22nd April 2018**

**Training times – 10.00am to 4.00pm**

Venue – Long Eaton (5 minutes from junction 25 of the M1)

*152a Derby Road, Long Eaton, NG10 4AX*

**To book on either of these events or for any further details  
call Martin Smith on 07 973 410 010 or email [itctherapy@aol.com](mailto:itctherapy@aol.com)**

## **Key Subject Areas**

- \* Understanding the key principles of mindfulness and their application in a clinical psychotherapeutic setting.
- \* Develop knowledge of the history and context of mindfulness practice in the mental health setting.
- \* Developing simple and effective mindfulness exercises for use in a psychotherapeutic setting.
- \* To develop and deliver mindfulness exercises appropriate to the client's needs.
- \* Develop knowledge and understanding of the broader applications for mindfulness practice outside of the therapy setting as practical tasks for clients in everyday life.
- \* Apply the principles and techniques of mindfulness practice in conjunction with various counselling psychotherapy and coaching approaches.



## **COURSE TUTOR**

Martin is a senior accredited member of the BACP, a life member of the Open University Psychological Society and a senior lecturer in psychotherapy at Nottingham Trent University. He has been a trainer for over 25 years and in clinical private practice as a psychotherapist for over 15 years.



He draws from a range of therapeutic theories and approaches including the third wave CBT model of ACT - Acceptance and Commitment Therapy and Solution Focused Therapy approaches together with use of Clinical Hypnosis and Mindfulness.

Take this opportunity to train with a therapist, trainer and supervisor with a broad range of skills and experience who believes all approaches have their strengths but no one school of thought has all the answers.