

Teaching Clients to Use Mindfulness Skills

A one day course blending mindfulness practice with case discussion focused on how to use mindfulness techniques with clients. Mindfulness, with its origins thousands of years old, has recently become popular within psychotherapy and the emotion and behaviour change fields.

Why should I use mindfulness in my practice?

Offering an alternative and radical approach to seemingly insoluble problems, mindfulness can release both therapist and client from failure and feeling helpless.

- How to stop clients banging their heads on brick walls
- The pigeon and the cowboy: ways to be unmindful
- When is acceptance better than change?
- Reasons to be mindful : 1,2,3

What exactly is mindfulness?

- What is mindfulness?
- Does mindfulness work?
- 4 ways to be mindful
- Practical skills: practicing mindfulness step by step

How can I use mindfulness in my practice?

Delegates will experience mindfulness techniques together throughout the day with opportunities to reflect on how to apply this in their own clinical practice.

- Who can benefit from mindfulness?
- The how and what of mindfulness
- How to introduce mindfulness into practice ?

How to introduce mindfulness to clients

- Rationale: metaphors
- In-session practice
- Out of session practice
- Using mindfulness in challenging situations
- Building mindfulness into clients' everyday lives

Delegates will use their own case examples to select areas where the targeted use of mindfulness would be helpful and to plan how to engage their client in applying mindfulness to overcome problems and increase wellbeing