



INTERNATIONAL COLLEGE FOR
PERSONAL & PROFESSIONAL DEVELOPMENT

ICPPD

Certificate in Mindfulness and Mindful-Living (18 CPD Hours)

3-day programme in ICPPD Athlone.

*"Be yourself. Life is precious as it is. There is no need to run, strive, search or struggle. Just be."
Thich Nhat Hanh*

Introduction

These days will introduce you to the practice of Mindfulness as a personal resource. The theory and practice of Mindfulness will enhance your understanding and demonstrate how it can be integrated into your life and work.

The theoretical input of this training in Mindfulness is based on the international writings of Thich Nhat Hanh, Vietnamese monk, Nobel Prize nominee and peace activist and Dr John Kabat-Zinn, founder and director of the mindfulness-based Stress Reduction Clinic at the University of Massachusetts Medical Centre, and other experts in the field

Aims and Objectives

The value of mindfulness as a personal and professional resource has been gaining a reputation in the western hemisphere. The practice of Mindfulness is increasingly recognised as a valuable intervention in supporting mental health. People around the world practice the ancient art of mindfulness to enhance their experience of living and wellbeing.

People suffering loss, anxiety, stress, depression and worry find this simple approach helpful in their daily living.

The aim of this course in Mindfulness and Mindful-Living is to provide you with an experience of Mindfulness techniques and the theory to support this.

Who should apply?

This programme is for anyone interested in improving their mental health and wellbeing. Practitioners and professionals in counselling and psychotherapy, education or complimentary medicine will also benefit from this training. The certificate course in Mindfulness and Mindful-Living introduces participants to the practice of mindfulness, helps them to deepen their practice if they already use mindfulness, and teaches participants through theory and practice how to use mindfulness with others.

Programme Content

- Buddhist psychology from which mindfulness emerged
- Information and definitions of mindfulness from theorists
- The purpose of mindfulness as a holistic/spiritual practice
- The exploration and demonstration of the use of mindfulness with others.
- Exploration of the use of mindfulness in your own life
- Opportunities to practice mindfulness during the training days
- Suggested reading list and other guidelines will be given to participants

“Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment to moment.”
Jon Kabat-Zinn

Programme Structure

On this programme we aim to provide a warm, respectful, non judgemental learning environment. The programme is interactive, experiential and taught through lectures, small group work, practice sessions and assignments.

Attendance at all three training days is necessary to qualify for the certificate of attendance. To receive a certificate of completion participants are required to write a 1,500 word reflection on their learning during this training, to be submitted four weeks from last class.

About the Programme

- Duration: 3-day course delivered over three Wednesdays (9.30am - 4.00pm)
Dates: See website for next offering
Fee: €275.00 (To secure a place please forward a deposit of €75 to ICPPD)
Award: Satisfactory completion of this course leads to the award of an ICPPD Certificate in Mindfulness and Mindful-Living
Application: For application form visit our website: www.icppd.com

Our vision is to inspire, encourage and support you in your journey towards wholeness

*ICPPD reserves the right to cancel, suspend or modify in any way the matters contained in this publication.
The College reserves the right to amend the list of modules being offered for any programme.*