



IICP Education and Training Limited

Killinarden Enterprise Park, Killinarden, Dublin 24

Telephone: 086 0499154 / 086 2609989

Website: www.iicp.ie



Professional Certificate in the Therapeutic Use of Mindfulness with Pádraig O'Morain

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.

Internationally, mindfulness is increasingly recognised as a valuable intervention in counselling. 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.

Who is it 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 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.

Entry Requirements:

This course will be of interest to professionals and volunteers who work with clients in counselling or mental health services in general.

Award:

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Date:

Friday 26th January 2018

Friday 2nd February 2018

Friday 9th February 2018

10:00am – 4:00pm

Venue:

IICP Education and Training,
Killinarden Enterprise Park,
Killinarden,
Dublin 24.

Cost:

€295.00 (costs are inclusive of training, materials and a free Mindfulness CD).

Facilitator:

Padraig O'Morain, MIACP, M.A., B.Sc., Dip. Counselling & Psychotherapy, Certificate in Buddhist Psychology, Certificate in Choice Theory.

Padraig is a counsellor, broadcaster and columnist with The Irish Times, The Irish Medical News and The Evening Herald. His books include *Mindfulness on the Go*, *Like a Man - a guide to men's emotional well-being* and *Light Mind - Mindfulness for Daily Living*.

Padraig has used mindfulness in his own life and with clients for almost two decades. He has taught mindfulness to nurses, doctors, search and rescue crews, trade union officials and public audiences. He has been training counsellors in mindfulness for many years in addition to lecturing on the BA (Hons) in Counselling and Psychotherapy at IICP. To read more about Padraig:

<http://www.padraigomorain.com/>

For more details please visit our website: www.iicp.ie/cpdcourses/mindfulness

Or contact:

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