

RGS Mindfulness Course for Parents

A course of Mindfulness Training – cultivating a greater sense of wellbeing, kindness and resilience

What will you learn?

Developed by the Oxford Centre for Mindfulness, University of Oxford, MBCT-L is a course of 8 x 2hr sessions appropriate for people who are new to mindfulness or to those who have attended other mindfulness-based courses.

A key focus of the course is learning meditation practices and skills that can be transferred and integrated into a variety of settings in your day-to-day life.

Venue: We have a fantastic room at RGS well-suited to a course like this. Details on application.

Cost: £120 (this works out at £7.50 per hour or £15 per week: external courses cost £200-300) payable via ParentPay.

About me:

Having experienced the benefits of mindfulness for enhancing my own wellbeing I have since pursued studies to deepen my knowledge and skills to teach in this area. Bangor University has a world-renowned faculty for mental health and I am currently studying my fourth of five years of a Masters focusing on *Mindfulness-based Approaches to Mental Health + Wellbeing*. In addition, I have a range of qualifications in this area to draw experience from, as well as authenticity in understanding acute mental health conditions. The cost reflects accessibility plus my relative experience in the fact that my Masters training is ongoing. My intention is for this course to be a warm, welcoming, at times challenging, but overall beneficial and enjoyable immersion in mindfulness to promote general wellbeing.

The course:

MBCT-L is an exciting iteration of the original MBCT course (for depression) which makes it universally accessible. It guides participants in the cultivation and application of mindfulness practices and cognitive-behavioural techniques into everyday life, both to manage difficulties and also to cultivate joy, compassion, equanimity and wisdom. It offers a different way of living that supports people to work with distress and difficulties, but also to savour life, realise their potential and to flourish.

This is a skills-based course rather than group therapy. It cultivates the following understandings:

- Mindfulness starts when we recognize the tendency to be on automatic pilot, which can rob us of our potential for living life more fully. We begin to practice stepping out of automatic pilot by bringing mindfulness to aspects of everyday present-moment experience that we might normally overlook.
- With greater awareness, we begin to notice how often we are lost in our thoughts and feelings. Mindfulness of the body and breathing helps us learn to recognize our thoughts, emotions, sensations, and impulses, gather the scattered mind, and return with appreciation to the here and now.
- We learn that when our attention is caught up in the past or the future, we can get trapped in unhelpful patterns of thinking, feeling, and acting. Mindfulness helps us recognize these automatic reactions, understand them as normal human experiences, and bring kindness and compassion to them.
- As we cultivate attitudes of interest and friendliness toward all our experiences, whether pleasant or unpleasant, we learn skills for keeping our balance through life's ups and downs, responding skilfully when difficulties arise, engaging with what is most important to us, and opening up to moments of joy, contentment, and gratitude. We learn to flourish.

If you are interested in applying please contact ajz@rgshw.com and read the accompanying information. There will be a digital meeting (details on application) and a brief questionnaire to complete prior to the course. This isn't a 'pass/fail', it is simply to ensure the course and timing is suitable for you right now.

Dates of the course: 4/5, 12/5, 19/5, 25/5 (Half Term: no session) 8/6, 16/6, 23/6, 30/6