



# Specialist MBSR Training

In association with CMRP and The Mindfulness Network

Presented by Eluned Gold

This four day training will provide an opportunity to immerse yourself in teaching MBSR. It is an experiential exploration of the eight-week course for MBSR teachers, to help you support and develop skills and confidence in teaching. This training will provide opportunities for combining learning and deepening practice.

The course will include:

- exploration of MBSR curriculum themes and intentions.
- teaching strategies of MBSR
- theoretical underpinnings of MBSR
- exploring the flow of teaching and learning through the curriculum
- defining the overall structure of the curriculum
- exercises and practices connected to lesson themes, including options and alternatives
- deepening understanding of the particular characteristics of MBSR
- group facilitation; allowing learning to arise
- developing inquiry skills integral to MBSR
- exploring connections between personal practice, teaching and learning

This training is an element of the formal CMRP Teacher Training Pathway (TTP) and the certificate of attendance can be included in either a TTP Portfolio. If you register on the TTP after having completed this training the certificate can be included retrospectively.

Participants must commit to the entire training.

## **Pre-requisites for attending:**

The course is open both to experienced mindfulness-based teachers as an opportunity to refresh their personal and teaching practice, and newer teachers who are in the earlier stages of developing MBSR teaching skills.

All participants must have:

- personal experience of an MBCT or MBSR eight-week course
- an established personal mindfulness practice
- ideally have participated in a mindfulness-based Teacher Training Retreat level 1 with CMRP or equivalent
- professional background and/or equivalent knowledge and experience of the populations that the programme will be delivered to.

For further information about the TTP please visit the attached link  
<https://www.teach-mindfulness.org/teacher-training-pathway-ttp/>

### **About the trainer - Eluned Gold**

Eluned was the Director of Continuing Professional Development for the Centre for Mindfulness Research and Practice (CMRP), Bangor University for eight years. Prior to that, she was a teacher and trainer for CMRP, including teaching on several Masters modules. Eluned has also worked as a psychiatric nurse and psychotherapist in a variety of contexts including the NHS since 1975.

As a psychotherapist, she has an interest in combining mindfulness and counselling/therapy and has co-developed and taught on the Mindfulness and Individual Therapy module for CMRP.

Eluned has worked extensively as a therapist with children, families and relationships as a therapist. Since 2010 she has developed a mindfulness course for Parents, called Nurturing Parents, and now trains others to teach this. She also works with family support charities and local authorities.

To find out more information about Eluned, please visit:  
<https://www.teach-mindfulness.org/eluned-gold/>

**Dates:** 2<sup>nd</sup> – 5<sup>th</sup> June 2020

**Time:** Each day will run from 9.00am – 5.00pm  
(starting at 9.30am on day 1 and finishing at 4.00pm on day 4)

**Venue:** Adoptionplus, Moulsoe Business Centre, Cranfield Road, Moulsoe, Nr. Milton Keynes, MK16 0FJ

**Price:** £750.00 + VAT (£900 inc VAT) – Includes lunch and refreshments

**Booking:** For further information please visit [www.adoptionplus.co.uk](http://www.adoptionplus.co.uk) or contact Alice Hollingdale on 01908 218251 or email [alice.hollingdale@adoptionplus.co.uk](mailto:alice.hollingdale@adoptionplus.co.uk)  
Applicants will need to complete an application form which will be assessed within a week to ensure suitability for the course.