



Programme Registration Form

Programme Title: *Mindfulness Based Programme*

Programme Date/s: **Induction Evening** – Tuesday 6th September 2016, 7.30pm – 9.00pm
8-Week Programme – See programme information – Page 3

Fee: See programme information – Page 3

Name: _____

Address: _____

_____ **Post Code:** _____

Contact Telephone No: (preferably mobile) _____

E-mail: _____

Keep in touch - Please tick if you would like your details to be added to the Aisling Centre e-mail database which is used to circulate information on Mindfulness programmes and other events and activities happening in the Aisling Centre and in the local community.

Yes No

I am aged 17 years or over Yes No

Any Special Requirements (e.g. dietary, access etc.)

How did you hear about these workshops? _____

Completed Registration Forms should be returned

ON OR BEFORE THE INDUCTION DATE

to :- The Aisling Centre, 37, Darling Street, Enniskillen, BT74 7DP, Or E-mail – info@theaislingcentre.com

Missed the return date? – Contact the Centre on 028 66 325811 for further information

Mindfulness Based Stress Reduction - Programme Information

CONFIDENTIAL - Personal Information

To help your facilitator, please answer the following questions where appropriate. The information you give will be treated in the strictest confidence and will be seen only by the programme facilitator and her supervisor. *The information will be destroyed once the programme is completed.*

1. Do you have any physical illness or other limitation that may make sitting, standing, walking or doing simple exercises difficult for you? If yes please tell us about it here:

2. Have you had any mental ill-health within the last few years, such as anxiety or depression? If yes please tell us about it here:

3. If you are taking any medication at present, please say what it is and what it is for:

4. Have you had any life event in the last year, which may make the course difficult for you?

5. Please indicate briefly, what has drawn you to the course?

Signature: _____

Date:/...../.....

Print Name: _____

Mindfulness Based Stress Reduction - Programme Information

Registration / Acceptance onto the Programme

Once you have completed the questions and signed the form please return to the Aisling Centre. Please retain this page for your own information.

It is expected that applicants will attend the induction night. Before acceptance onto the programme is confirmed, the facilitator will telephone you to discuss your application.

The Mindfulness Based Programme

The aim of this programme is to increase awareness so that we can learn to better care for ourselves and to live more fully, responding to situations with choice rather than reacting automatically.

This is a very rewarding but challenging programme therefore you need to be in an 'even' state of mind beginning it. Please complete the questions on page 2. They will help you reflect on whether this is the best time for you to commence this programme or not.

If there is something upsetting in your life at present or you are unable to commit to attending the full 8-week programme, it might be better for you to wait for the next programme. In the meantime you can always attend the monthly Drop In/Taster Sessions which are normally held monthly on a Tuesday night. Please check dates with reception.

Fees

- The programme fee breaks down to approximately £5.00 per hour and includes a workbook and handouts, 2 meditation CD's and refreshments for the full-day workshop
- The full programme costs £140.00. (£120.00 if you pay in full on or before the first class).
- Fees can be paid in instalments but should be paid in full before the 5th week of the programme

Facilitation

The Mindfulness Based programme is facilitated by Mary Conway. Mary is an accredited psychotherapist and qualified and experienced facilitator of Mindfulness programmes. She has completed Teacher Training Programmes 1 and 2 from Bangor University, Wales and avails of regular Supervision. Mary has been leading the Mindfulness programme at the Aisling Centre since 2010.

Dates

Induction Evening – **Tuesday 6th September 7.30pm – 8.30pm**

8-Week Programme - Weekly – Wednesday 12 October – Wednesday 30th November 2016
@ 7.00 – 9.30pm

Saturday 19th November full day workshop @ 10.30am - 3.30pm

What they said about the Aisling Centre MBSR programme

"My racing mind 'must do' 'didn't do' etc.. has slowed down considerably"

"The biggest change – I sleep through the night"

"I want to put this into practice when I am faced with crisis and not go into the panic etc. that I am so used to doing"

"I would totally recommend it to anyone who is faced with difficulties in life as it will teach you a much better way to deal with these situations".

"It also helped me with depression, anxiety panic attacks and made me think a lot more positive about myself".

"It was one of those courses you looked forward to and would not have missed a night"

Mindfulness Based Stress Reduction - Programme Information

What is Mindfulness Meditation?

Meditation is primarily about learning how to make peace with your inner self. It is about learning to listen to your own heart and make good choices and, learning to listen to your body and take care of yourself.

Mindfulness Meditation is based on the ground breaking work of an American Professor Jon Kabat-Zinn. Professor Kabat-Zinn is the founding Director of the '*Stress Reduction Clinic and the Centre for Mindfulness in Medicine, Health Care and Society*' at the University of Massachusetts Medical School. For more than 30 years he has pioneered the bringing of mindfulness meditation into the mainstream of medicine and society to treat stress in all its forms from emotional distress to chronic pain and illness. Professor Kabat-Zinn is the author and co-author of a number of publications into the use of 'mindfulness'.

Professor Kabat-Zinn developed an 8-week '*Mindfulness Based Stress Reduction*' (MBSR) programme which is designed to help participants cope with stress, pain and illness by using moment-to-moment awareness. Such '*mindfulness*' helps participants use their inner resources to achieve good health and well-being. This programme has been widely used in America since the late 1970's

Mindfulness' is also being used in the UK and the University of Bangor in Wales has established the 'Centre for Mindfulness Research and Practice' department. On their website they suggest that through the use of mindfulness '*...we have the opportunity to access our own inner resources for insight, transformation and healing*' they go on to say. '*Both scientific research and reports from course participants indicate a wealth of physical and psychological benefits*'.

Who is this programme for?

The programme is for anyone living with stress, anxiety, depression, pain or illness. Weaving mindfulness into your everyday life will not only reduce your stress and anxiety, it will also guide you to greater compassion, health, peace and well-being. It will benefit anyone who wishes to develop their own coping skills in the face of life's challenges.

Options to get started?

1 *Drop-in/Taster Session*

Drop In/Taster Sessions in which the facilitator will lead you in the main practices of mindfulness meditation are normally held monthly on a Tuesday night:-

Beginners 7.15pm – 8.15pm

Graduates of 8 week programme 8.30pm – 9.30pm

Please check dates with reception. No booking required. Suggested donation £5

2 *Mindfulness Based Programmes*

You can participate in the 8-week programme - MBSR (Mindfulness Based Stress Reduction) or MBCT (Mindfulness Based Cognitive Therapy) – These are structured and fairly intensive programmes of weekly classes. You will be introduced to 6 of the main mindfulness practices (1) bodyscan, (2) sitting, (3) movement, (4) walking, (5) 3-step breathing space, (6) 3-step 'coping with difficulty' space.

The facilitated sessions have 3 elements, (1) teaching and development of the practice and skills, (2) reflection and discussion on 'homework' (3) planning for the next session.

As part of the programme you will receive hand-outs containing useful articles and inspirational quotes/poems/stories which you can read at your leisure as well as practical tasks for home practice and progress charts. You will also receive a set of 2 CDs containing all 6 practices mentioned above – these are yours to keep and use.