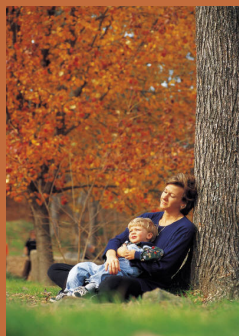
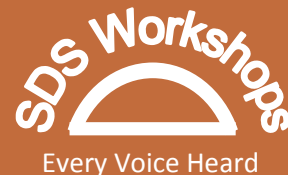




**SDS Small Group Workshops "Every Voice Heard"**  
 One-day practical course in a small group with lots of opportunities to discuss YOUR experiences and problems in this area, to get direct advice from a tutor and meet colleagues working in this area



## Mindfulness Skills for Use with Clients

A one day course on the practical application of *Mindfulness* training both in groups and individually



Evidence for the use of mindfulness as an effective intervention with a range of different problems and client groups has grown exponentially over the last decade. During 2008 alone, 250 research papers have been published indicating positive outcomes with client groups and problems as diverse as:

- Depression (Williams et al, 2008)
- Stress & Anxiety (Evans et al, 2008)
- Schizophrenia (Abba et al, 2008)
- Young People (Beauchemin et al, 2008)
- Cancer (Witek-Janusek et al, 2008)
- Learning Disabilities (Singh et al, 2008)
- Substance Misusers (Ostafin & Marlatt, 2008)
- Condition Management (Gardner-Nix et al, 2008)
- Children (Wall, 2008)
- Older Adults (Rejeski, 2008)
- HIV (Creswell et al, 2008)
- Autism (Bogels, 2008)
- ADHD (Zylowska et al, 2008)
- Offenders (Singh et al, 2008)

This one day course is designed as a practical introduction to the practice of mindfulness and its use with clients (primarily on a group basis). Issues covered are:

- The structured practice of mindfulness exercises
- Practical issues around "where" and "how" to set up mindfulness groups
- Practical advice on "what ifs" that may arise with clients during exercises
- The provision of mindfulness "scripts" to follow with clients
- Assessment and management of risk issues

***"Brilliant! A practical course that's left me feeling confident to go back and start using these skills with clients."***

*J.L. Psychotherapist*

***NB! This course is available as in-house training.  
 For details call 0870 241 7294.***

### New Course

- ✓ Course Leader: Andrea Williams
- ✓ Choice of dates and venues
- ✓ Quality workshop materials
- ✓ Comprehensive further reading and resources list
- ✓ Suitable for CPD and PREP
- ✓ Certificate of Attendance
- ✓ Lots of opportunities for raising questions and discussion with tutor and colleagues
- ✓ Post-workshop case support and consultancy available

**Book NOW!**  
 Price only **£125 + VAT**

### Dates & Venues

09 February 2010	Manchester
12 March 2010	Glasgow
16 March 2010	London





**Course tutor: Andrea Williams** Qualified Teacher and Practitioner of Mindfulness & Tai Chi. Andrea has used Mindfulness with a range of different social and medical client groups. She is extensively experienced in the practicalities of running mindfulness groups. In addition she has practised and trained in a range of different types of yoga over the last 30 years. Andrea is well respected in her field and has a reputation for being an excellent trainer as well as a sensitive and experienced practitioner.

*“Andrea was very good, clear and approachable. Her tutoring skills are second to none.”*

S.McD, Youth Development Worker

## Booking Conditions

**Booking constitutes a contract.**

### Course fee

- UK: £125 + VAT (£146.88 (or £143.75 before 1/1/2010)) per delegate to include refreshments and course materials.
- **Block bookings:** Groups of 4 or more save £5 per person - IF all applications are made in a single envelope with a single authorisation letter or payment.

### How to book

DETACH the booking form below (photocopies acceptable) and either:

- Send with a cheque for £146.88 made payable to The Skills Development Service Ltd to: SDS Ltd, P.O. Box 254, UCKFIELD, TN22 9BN
- Send OR Fax: 0870 199 1838 with LETTER OF AUTHORISATION or purchase order from employer showing name & address to send invoice to.
- Telephone: 0870 241 7294 giving credit card details.
- Web: [www.skillsdevelopment.co.uk](http://www.skillsdevelopment.co.uk) giving credit card details.
- No provisional bookings taken.

### Cancellations

- Cancellation in writing up to 14 days prior to the course leads to a refund minus a £15+VAT admin fee (or a full credit note for a future course – optional).
- Cancellation in writing up to 7 days prior to the course leads to a credit for a future course minus a £15+VAT admin fee.
- Cancellations less than 7 days before the event or failure to attend on the day will leave the individual who is invoiced fully liable for payment. No refund will be made in such instances either. We recommend insurance is taken out to cover such eventualities.
- SDS reserves the right to substitute trainers and/or move venues or postpone and reschedule courses in exceptional circumstances. If you are unable to attend the rescheduled event you will be given a full credit for a future seminar.

**To change delegates or locations:** Delegates may be substituted at any stage prior to the course as long as SDS Ltd are notified beforehand. We will also change locations if the newly preferred venue is not already full.

Visit our website for further information on this and other courses, to download the application forms for this or other courses, to book your place or to check availability - *It's updated daily!*

## - - - - - Booking Form - - - - -

### Mindfulness Skills for Use with Clients

COURSE DATE \_\_\_\_\_ COURSE LOCATION \_\_\_\_\_

DELEGATE NAME \_\_\_\_\_

JOB TITLE \_\_\_\_\_

ADDRESS \_\_\_\_\_

POST CODE \_\_\_\_\_

TEL No: \_\_\_\_\_ FAX No: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

The Skills Development Service Ltd, P.O. Box 254, UCKFIELD, TN22 9BN

Tel: 0870 241 7294 Fax: 0870 199 1838 e-mail: [info@skillsdevelopment.co.uk](mailto:info@skillsdevelopment.co.uk) [www.skillsdevelopment.co.uk](http://www.skillsdevelopment.co.uk)