



Breathing Space

the learning and development journal
for all mindfulness teachers & therapists

Autumn Issue 2022

IN THIS ISSUE:

Mindfulness of Eating Part 2

Bereavement – A Personal Story

Mindful Art

Commonwealth Games – The Mental Health Legacy

Living with Tinnitus

Mindful Parenting

Book Review

CPD News





Front Cover by Eden Silver-Meyer

Welcome to the Autumn edition of Breathing Space!

Hi and welcome to our Autumn edition of Breathing Space 2022.

Thank you so much, as always, to all our contributors for this issue. Again, we have a varying array of articles. Tony O'Shea Poon starts us off with his second and final instalment on how Mindful Eating can change your life. We then have a very personal story from Lindsey Dowle on how mindfulness helped her cope with bereavement after the loss of her husband.

Eden Silver-Myer delivered one of our Monday evening sessions a few months ago and got people to simply make marks on the page. In her article about Mindful Art she talks about instinctive expression and the letting go of needing things to be perfect.

Here at Mindfulness Now HQ in Birmingham, a glorious couple of weeks was spent basking in the Commonwealth Games and we were delighted that the Marathon ran through Cannon Hill Park where our main office is located. In our article we look at the mental health legacy that the Games have left.

With her CPD day coming up very soon (further details towards the back of this issue) Madeleine Agnew outlines the basics of Mindful Parenting and how we can bring into play a mindful awareness and attitude. And Kate Greenslade shares her story of how mindfulness tools and mindsets have helped to improve her relationship with her tinnitus, and is helping her to help others too.

We also have a poem by Elleb22, and a book review by Reni Brown.

And all of this is as well as all the usual information about our CPD events coming up for the rest of the year and into the first part of 2023.

So, as you can see, another jam-packed edition, all thanks to you out there! So, if you'd like to be one of the contributors for the next edition then do please get in touch soon.

Please submit your articles to

info@mindfulnessnow.org.uk

Rachel Broomfield - Editor - Breathing Space



Breathing Space

Editor:

Rachel Broomfield

info@mindfulnessnow.org.uk

Publisher

Nick Cooke

Central England College

0121 444 1110

info@mindfulnessnow.org.uk

www.mindfulnessnow.org.uk

Six Steps and the Benefits of Mindful Eating
Tony O'Shea Poon

Following on from the first part of the series, this article continues to explore the benefits of mindful eating and provides six practical steps to help you get started.

Step 1: Set the intention. Before you begin to eat, take a moment to pause and set your intention for the meal. This could be to eat mindfully, to enjoy the food, or to nourish your body.

Step 2: Observe the senses. Take a moment to observe the colors, textures, and smells of the food. This helps to bring your attention to the present moment.

Step 3: Chew slowly. Take small bites and chew slowly, savoring the flavors and textures of the food. This helps to improve digestion and allows you to feel more satisfied with your meal.

Step 4: Listen to your body. Pay attention to your hunger and fullness cues. Stop eating when you are comfortably full, not when you are overeating.

Step 5: Practice the 3 R's. Remember, Respect, Relax, and Rejoice. Respect your body, relax into the experience, and rejoice in the nourishment of the food.

Step 6: Gratitude. Take a moment to express your gratitude for the food and the people who grew it. This helps to cultivate a sense of appreciation and connection to the food.

Eden outlines the Alignment of Mindfulness with Art
Eden Silver-Myer

In a previous article, I discussed how mindfulness can be used as a tool for self-reflection and personal growth. In this article, I explore how mindfulness can be integrated with art practice.

Art is a powerful form of self-expression and can be used to explore our inner world. Mindfulness allows us to be present in the moment and to observe our thoughts and feelings without judgment. This can be a powerful tool for artists to explore their creativity and to connect with their work.

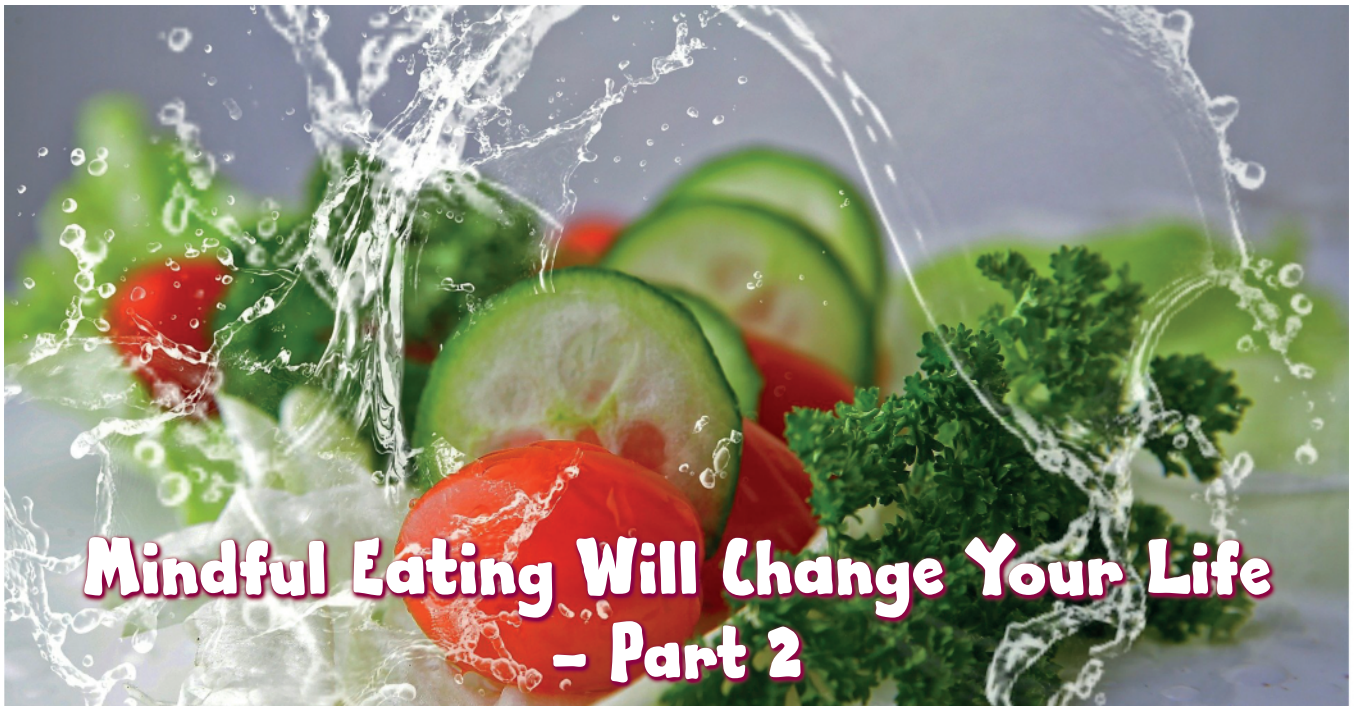
By practicing mindfulness while creating art, we can cultivate a sense of calm and focus. This allows us to be more present in the moment and to observe our thoughts and feelings without judgment. This can be a powerful tool for artists to explore their creativity and to connect with their work.

Learning To Live With Tinnitus
Kate Greenslade

Living with tinnitus can be a challenging experience. It can be a constant presence in your ears, making it difficult to focus on other things. However, mindfulness can be a powerful tool to help manage tinnitus and improve your quality of life.

Mindfulness allows us to be present in the moment and to observe our thoughts and feelings without judgment. This can be a powerful tool for managing tinnitus, as it helps us to focus on the present moment and to let go of our worries and fears.

By practicing mindfulness, we can cultivate a sense of calm and focus. This allows us to be more present in the moment and to observe our thoughts and feelings without judgment. This can be a powerful tool for managing tinnitus and improving your quality of life.



Six Steps and the Benefits of Mindful Eating

Tony O'Shea Poon



Following on from his first instalment in the previous edition of Breathing Space, where Tony talked about the six 'stages' of mindful eating, he now concludes his article by talking about six 'steps' that he guides his clients through, and shares some successes from his Mindful Eating 6-Step Programme.

There are many different ways that we can introduce the joy of mindful eating to our clients. We can incorporate it alongside general mindfulness teaching and we can respond to individual expressed needs.

I have personally enjoyed creating a programme that combines mindful eating with movement, hypnotherapy and coaching. It includes a mix of online audio-visual materials combined with six weekly sessions of therapy/coaching support.

You don't have to be a dietician, a therapist or a coach to teach mindful eating skills. As with other aspects of teaching mindfulness, the key to effectiveness is your embodiment. By learning to eat mindfully yourself, you will realise the benefits directly and be able to transmit this understanding to others.

Mindful Eating 6-Step Programme

Teaching mindful eating skills is all very well, but our relationship with food is often

complex and requires more than skills training alone. Over a period of 6 weeks, I guide clients through six steps, emphasising different aspects according to different needs.

Step 1: Let go of the past

Helping clients to acknowledge what has happened in the past, then saying goodbye to it, so they can create space for new possibilities.

Step 2: Believe in the future

Having released the past, I help clients to visualise their future and to increase their motivation, so they are ready to take on board new ideas.

Step 3: Practice the new skills

I teach some very practical skills and tips to help people be fully present before, during and after eating, and ask them to practice these consistently.

Step 4: Manage cravings

I guide the subconscious mind to release the old ways of being and help the client create more helpful thought and behaviour

patterns.

Step 5: Self love

I challenge any negative self-talk and limiting assumptions and guide the client to develop loving kindness towards themselves and their body.

Step 6: Fall down, get up again

Falling over and slipping up are perfectly normal and not something to become distressed about. I teach clients to view these events from a non-judgmental perspective.

Client Success Stories

Amy came to me unhappy with her weight and the shape of her body. She had tried many diets and was obsessed with weighing herself. She had a number of historical emotional challenges and was embarrassed to be seen outdoors. She comforted herself with take away food several evenings a week. I identified that Amy experienced low self-esteem and we focused on letting go of past hurts. She benefitted greatly by learning to tune in to her body before eating, making healthier choices, and requesting support from her partner.



Mike came to me reporting eating patterns that suggested ARFID (Avoidant/restrictive food intake disorder). He avoided most fruits and vegetables and was further restricted by some textures and tastes. His primary goal was to gain weight but, following my assessment, he agreed he wanted to be happier with himself as he was, while ensuring he remained healthy. With some creative visualisation and desensitisation, Mike was slowly able to introduce new foods. I also referred him to a dietician for nutrient deficiency testing.

Is It Worth It?

Food is a big part of our lives and most of us eat every day, so we have many opportunities to practice mindful eating. Rather than depriving ourselves of food, or seeing food as the enemy, we can gain a completely new perspective for the wonder of food and the joy of

selecting, preparing, eating and appreciating food. It does require some effort to be mindful of our consumption but, like all new habits, we can become skilful through practice and repetition. It is well worth the effort and, for some people, it is genuinely life changing.



Useful Resources

British Dietetic Association, Mindful Eating: Food Fact Sheet

<https://www.bda.uk.com/resource/mindful-eating.html>

The Centre for Mindful Eating

<https://www.thecenterformindfuleating.org/>

Tony O'Shea-Poon is a Hypno-Psycho-therapist, Mindfulness Teacher/Tutor and Coach based in London. If you enjoyed this article, you can read Tony's full blog post on this topic at:

<https://mindful.me.uk/news> and you can find out more about his Mindful Eating 6-Step Programme for Weight Management here:

<https://mindful.me.uk/6steps/>



Finding My Rainbow Through The Storm



Personal Bereavement - Lindsey shares how mindfulness helped with the loss of her husband

Lindsey Thomas-Dowle



I lost myself for many years in the dark storm of anxiety, grief and pain I was living through and although the storm continues on I have found the invaluable tool of mindfulness to help me cope and lift my head up again and see through the darkness.

I've always tried to look at life with positivity and be a glass half full kind of person rather than a half empty one. Growing up in Northern Ireland in the 1980's and 90's and living in a country in the throws of a civil war, everyday life was tainted by hatred and uncontrollable hurtful actions of individuals. I just wanted to break away and start afresh, to find my own path to my future and take more control of my life in a positive way. These are indeed good manifestos to have and like many young people starting out in adult life I had many ambitions and aspirations of my own. I dreamed of travelling the world, working hard and having a successful career and one day getting married and having children. As it approached my youngest daughter's 1st birthday in 2013 I truly felt

that I had managed to 'tick all the boxes' and my life was settling into a very easy and special place.

Now in 2022, and my youngest daughter has just turned 10 in May, I reflect back and think 'Thank goodness I did not know what was coming'. It did not matter that certain boxes were ticked or that I felt I had gotten control of my life's path because the life I thought I knew and that I thought was complete was literally ripped apart in one momentous second.

My late husband was diagnosed with a grade IV brain tumour and fought cancer for just over 2 years before passing away in October 2015. The years during his battle with cancer, and the subsequent years after, I lost myself in an emotional whirlwind and uproar of living in the past we'd had

together or looking to a future I wasn't sure I was going to be able to deal with without him. When you live with a life changing event in your life everything falls into two categories 'before the event' and 'after the event'. I had lost the ability to just be in the present and to live in the moment because it was just too painful to deal with the enormity of the loss I had and the deep turmoil of pain and emotions I was trying to cope with. My sleep was non-existent and the children were also understandably greatly disturbed and in need of my constant reassurance because they'd lost their beloved Dad. It was a very difficult time for us all and I knew I was spiralling and just existing not living.

Almost 3 years after losing my husband, when I was in the depths of my storm I found my motivational moment through mindfulness. 'The body scan' meditation was my first experience of mindful meditation and I had an instant overwhelming settled feeling-the constant bombardment of thoughts, feelings and emotions slowly calmed in those 10 minutes as I allowed myself to actually feel, to pay attention and just be in that moment in time. I felt a peace within that I had not felt since before my husband's initial diagnosis. My girls were only 6 and 8 at this stage of my journey but they began to notice a visible difference in me. I remember my eldest daughter saying 'Mummy's coming back'-that was like an electric shock! I started to be able to appreciate each day again instead of just dragging myself through on survival mode to just get to the end of it so another day would be over. I began to practice mindfulness meditations with my girls too to help them settle their feelings of anxiety and worry and, as they've grown older, to see them



having these tools to use in many other emotionally difficult situations, separate to the grief of losing their dad, is astounding. I feel so passionate that it has turned our lives around and that it is now part of our everyday life. I found my rainbow through the storm with mindfulness, and my love for my late husband and our children will power me through to keep shining even on the darkest of days and hopefully help others in need of that rainbow too.

Hi I'm Lindsey and I live in Worcestershire with my wonderful family. I remarried last year and I'm blessed to have Paul, our children and our new little puppy Marshall to share my life with. My passion is to help others who have been through or are going through difficult times whether adults,

children or families, and teach and share with them the gift of mindfulness because we all deserve 'our moment' and to find a way to live again no matter the storm you have going on within.

My door is always open and if reading this resonates with you or you'd like to talk with me then please do get in touch.

Email-

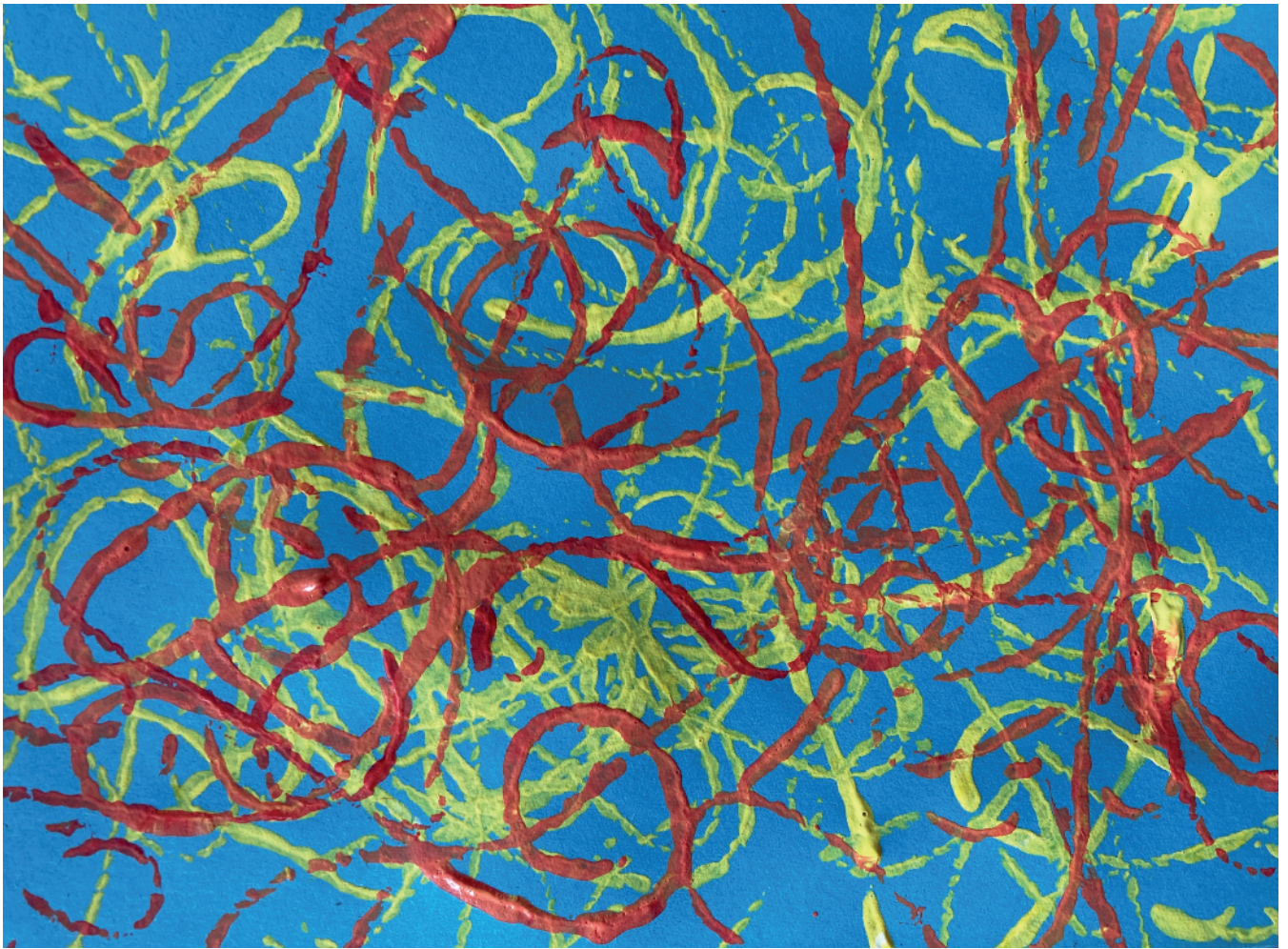
Lindsey@yourmindfulmoment.co.uk

Website -

<https://yourmindfulmoment.co.uk/>

The link for donations to the brain tumour charity that Lindsey and her girls do a 'walk in memory' for is -

<https://www.thebraintumourcharity.org/donate/> - so if you feel able, please give generously.



Eden outlines the Alignment of Mindfulness with Art

Eden Silver-Myer



For me, art is giving myself permission. Permission to be imperfect, to delve in, to give myself a break. And mindfulness adds to this.

I have always been passionate about creating art, but didn't appreciate how much mindfulness could enhance the experience of making art for me until Lockdown. In an online workshop we drew our breath, and drew mindfully with both hands at once. And something clicked inside me!

I had been practicing mindfulness on and off for a few years, and more recently decided to make it a part of my life. When I did my Mindfulness Now teacher training last year I was blown away by how aligned the mindfulness attitudes and my philosophy to art making are.

When I talk about making art, I don't mean creating a masterpiece. I just mean making marks on the page. It strikes me often how black and white peoples' views are of art; "I can't draw" is something I hear a lot! Perhaps this is based on earlier expectations of ourselves in our lives from school, family and society.

For me, there is so much more to art than pretty pictures. It's a way to play, to focus, to look closer, to express ourselves.

So what about giving ourselves a break and letting go of outcomes? Creating art



rather than worrying if we will 'ruin' the artwork.

Personally, I get a lot out of creating art in this way. I lay out whatever materials I am drawn to at that time and just start. No plan, just a surface and some tools to make marks with (current favourite is paint and toilet rolls!). Often I end up finger painting, because I am perpetually drawn to making a mess.

without an end goal in mind, but non-striving with non-judgement?

What if we just see what happens from moment to moment? Noticing marks appearing from the nib of the pen? How the paint colours mix together and how it feels when they splodge from the end of the paintbrush? How it sounds when we rip paper or clean our brush against a glass jar of water?

We can notice what thoughts emerge and let our judgements go,

How would your approach to making art (or any hobby, really) change if there was no end goal? If there was nothing to get wrong, because there's nothing to get right?

For me, art is giving myself permission. Permission to be imperfect, to delve in, to give myself a break. And mindfulness adds to this. I can be more in touch with myself and what I feel like doing from moment to moment,

what I want to instinctively express on the page.

When I facilitate art I start with a body scan to help people let go and check in with themselves. I provide a loose theme and encourage people to choose a starting point, not an end point. Each person follows whichever direction makes sense to them, even if it isn't relevant to the theme. It fills me with joy to see people making their own art, because they are always completely unique and filled with personality. Even if the person insists they "can't draw".

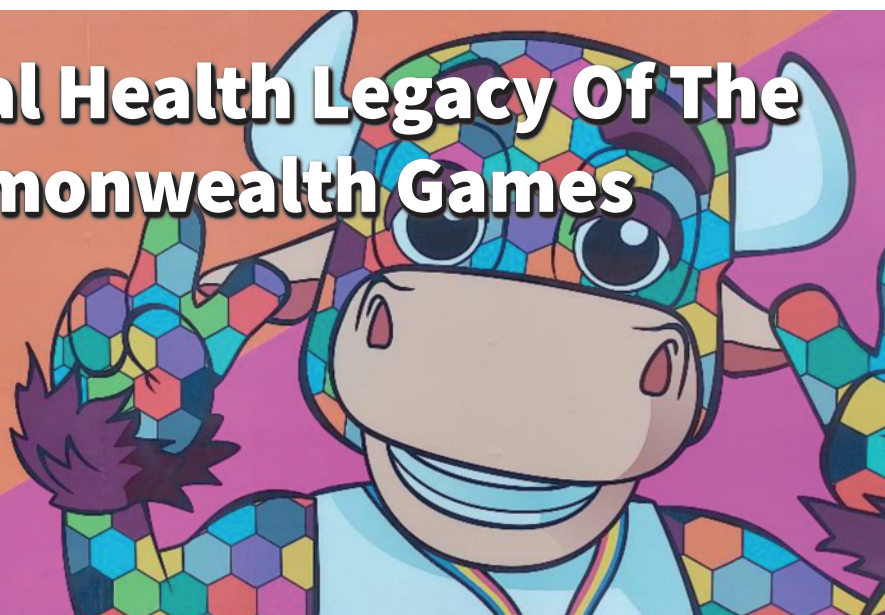
I'm Eden, an art facilitator and mindfulness teacher. I hold space within my mindful art sessions to help people take time for themselves and give themselves permission to play and explore. I host virtual mindful art sessions where there is zero pressure, zero expectation, and zero need for any art skill or experience.

edenfay.co.uk



The Mental Health Legacy Of The Commonwealth Games

#B2022



Physical and mental health going hand in hand

The Commonwealth Games Federation is committed to leaving a legacy that is not just for physical health. They are keen to accelerate awareness and understanding of mental health and wellbeing issues too.

During the summer, we were thrilled to see the Midlands Arts Centre in Cannon Hill Park, the home of Mindfulness Now, featured on promotional videos for the Commonwealth Games as well as being one of the venues that formed part of the route for the marathon. We're so lucky being situated so close to Birmingham City Centre whilst at the same time being surrounded by such beautiful scenery – the trees, the lakes, the River Rea, the

wide expanses of grassland, the formal flower beds. We're literally just across the road from the venue for the Commonwealth Games cricket, Edgbaston Stadium, too.

It has been wonderful to feel Birmingham buzzing with the thrill of it all, and great that so many people, all across the country, now feel inspired to get involved with some sort of physical activity as a result. As mental health practitioners, whether mindfulness teachers, hypnotherapists, or coaches we know the importance that physical activity has in promoting mental health and wellbeing, and all of us at Central England College / Mindfulness Now are so pleased to see that the Commonwealth Games Federation is committed to leaving a legacy that is not just for physical health. They are keen to accelerate awareness and understanding of mental health and wellbeing issues too.

The overall programme of wellbeing awareness during the Games themselves has involved mental health awareness training for all the volunteers involved in the Games; support of the Wellbeing at Work programme for all those working





for the Games; and even a mental health awareness campaign focused on the construction workers at three of the main venues – the Alexander Stadium, Sandwell Aquatics Centre and at the Perry Barr Regeneration Scheme.

The Federation aims to set up a number of targeted ‘Commonwealth Active Communities’ within the West Midlands which will involve an extra £4 million investment from Sport England

into the region. Sport England will be working with local communities and sports clubs, local volunteers, and other partners to understand priorities, what works and where investment is most needed, such as how to better utilise open spaces and parks for exercise or how to support people to cycle and walk more.

Ama Agbeze, Team England netball player and official ‘United by Birmingham 2022’ ambassador

has said: “If 2020 has taught us anything, it’s that regular exercise is more important than ever to keep us feeling fit and healthy – both physically and mentally. I think it’s great that Birmingham 2022 is shining a light on local projects that promote this and my hope is that more people are inspired to get involved in the various activities on offer in their community.”

Perhaps, as a result of the Commonwealth Games, you’ll now feel inspired to promote physical health alongside your mental health work when helping your clients? Or perhaps you’ll choose a day to walk to work, or maybe get off the bus a stop earlier and walk the rest of the way? Whatever you do, we hope that you’ll remember that physical activity is intrinsically linked with heightened feelings of well-being.

Now, I’m off to dust the cobwebs from my bike!



What It Means To ‘Parent Mindfully’



Parenting is far from easy at times. Maddy shares some thoughts.

Madeleine Agnew



Parenting mindfully, first and foremost involves us endeavouring to be more mindful with ourselves as parents. This often means being kinder and more accepting of ourselves.

Parenting is arguably one of the hardest jobs in the world and we certainly don't always get it right. It's a job most of us are thrown into without any training or special skills and somewhere amid the madness we must find our own way through it. It's easy to be harsh and hyper critical of ourselves as parents. To carry the burden of all our child's painful emotions heavily. It surely must be our fault in some way. Something we have done wrong. Most of the time it can feel like we need every ounce of energy just to get through the day. But there is no right way or wrong way to parent. Unfortunately, there is no one magic technique that will solve all problems and always work well for every parent and every child.

Luckily though, for us there has been some amazing research done showing how having a more mindful approach in our parenting

can really help! One study found that parents who reported more 'mindful parenting' engaged in more positive and less negative parenting behaviour, which was then linked to more positive behaviour in their kids, including less anxiety, depression, and acting out.

Another study showed that parents who engaged in mindful parenting behaviour demonstrated less negative emotion and more shared positive emotion in conversations with their children. In turn, sharing more positive emotion was associated with decreased drug use for the children.

Other potential benefits:

- improves parent-child communication
- reduces symptoms of hyperactivity
- improves parenting satisfaction
- lessens aggression

- lowers feelings of depression
- lessens stress and anxiety
- promotes more parental involvement overall
- makes parenting feel as if it takes less effort

Mindful parenting behaviour is about setting an ongoing intention to be present at the given moment. This presence can take many forms: for example, it may look like paying attention to your child, noticing your own feelings when you're in conflict with them, pausing before responding, and listening to your child's viewpoints, even if they differ from your own.

That's all to say, a mindful parenting approach involves pausing so that you can be attuned to your child's deeper needs (are they crying because they are hungry, sleepy, scared, or something else?), and respond to them in an appropriate and loving way.

In applying these principles of mindfulness to parenthood, we create an opportunity to be more responsive and more productive, as well as being less in auto-pilot mode and less overwhelmed.

Parenting mindfully, first and foremost involves us endeavouring

to be more mindful with ourselves as parents. This often means being kinder and more accepting of ourselves. Maybe forgiving ourselves if we haven't always got it right as a parent because guess what? Of course, we haven't. We're only human! How can we ever expect to parent mindfully without the attitudes of mindfulness which have compassion, patience, and non-judgement at their heart?

Basic mindful parenting ideas:

Listening - this means truly listening and observing with your full attention. This can take a tremendous amount of patience and practice.

Non-judgmental acceptance - it's approaching the situation without judgment for your feelings or your child's feelings.

Emotional awareness - bringing about awareness to parenting interactions extends from the parent to the child and back.

Self-regulation - this means not letting your emotions trigger immediate reactions, like yelling or other automatic behaviours.

Compassion - this involves being empathetic and understanding for the child's position in the moment.

The idea of introducing the basic elements of mindfulness to

children, of any age, makes very good sense indeed. Children are of course naturally in the present, and therefore mindful. They look at everyday things in great wonder and curiosity, without judgement and with a lack of self-criticism. They tend not to have our adult habit of being preoccupied with the past and the future. Mindfulness can help children to remain with their wonderful sense of openness and can help it to grow rather than allowing it to be stifled, as can easily happen as the child matures.

Maddy will be running her Mindful Parenting CPD course on Saturday 15th October 2022

**Live Online via Zoom
10:00 – 16:30**

**Bookings can be made on 07812 018 645 or
info@devonmindfulness.com**

During the day, Maddy will be exploring:

- What it really means to 'Parent Mindfully',
- Attachment Theory - creating loving attachments,
- The benefits of a secure attachment
- How we were parented and how this may have impacted our own parenting style,
- Parenting with PACE (Playfulness, acceptance, curiosity, and empathy),
- Working with Sensory Needs,
- Early Brain Development,
- Whole-brain parenting,
- Developmental Trauma,
- Therapeutic Parenting,
- Thera-play
- Keeping the body in Mind

By the end of this day, you will have the knowledge and tools you need to parent yourself mindfully and or work with parents and caregivers teaching mindful parenting.





Learning To Live With

Tinnitus

Kate shares her personal story of helping others live with this debilitating condition
Kate Greenslade



7.1 million adults in the UK currently live with tinnitus. That's more than 1 in 8 people. And with an increased use of headphones this number will rise by more than half a million over the next 10 years.

It wasn't until the end of our 5th session that I noticed Anne hadn't mentioned her tinnitus at all. We'd been working together for a month after she was referred to me by her Doctor, seeking help with her tinnitus. After four sessions she had already put into practice several mindfulness techniques so that her tinnitus was no longer all consuming, it was barely bothering her at all.

I started helping people manage the difficulties of having tinnitus after I suffered from it 7 years ago. By total chance I was also starting my journey with mindfulness so I was able to ease my frustrations and despair of having loud

ringing in my ears and a very painful jaw (TMJ) with the techniques that I learnt.

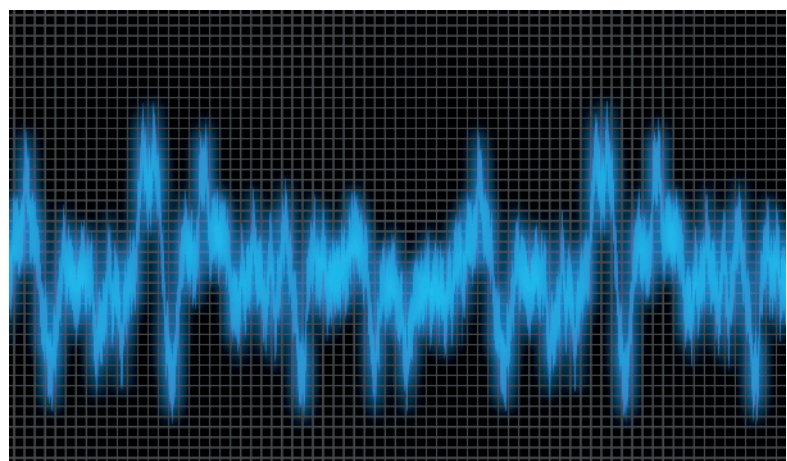
7.1 million adults in the UK currently live with tinnitus. That's more than 1 in 8 people. And with an increased use of headphones this number will rise by more than half a million over the next 10 years.

It can have a devastating impact on quality of life. From fatigue, headaches and having trouble sleeping to communication issues, lack of concentration, impaired memory, problems with work and family life, depression, anxiety and in extreme cases suicidal thoughts and actions.

Most organisations and clinics address the physical causes and treatments but while we wait for a cure, we can improve our experience of tinnitus by practicing mindfulness. It can ease the emotional despair it can cause.

Here are four areas I found that help:

1. Acceptance. For most people tinnitus just turns up one day, so they find themselves constantly wishing it would go away. But what happens when we stop fighting it is that we relax, tension is softened and the struggle stops, along with our suffering.



2. Focused attention. Using the body as an anchor to shift our attention to when we notice that we're overly thinking about or simply just listening to the tinnitus.

3. Not letting it become your identity. Using our language more carefully so instead of "My tinnitus" we can say "The tinnitus I'm currently experiencing", which loosens the grip of 'being' the tinnitus.

4. Stress makes challenges even worse. It can even initiate tinnitus (which I think is how mine started). The MBSR techniques are an obvious go-to here for improving our relationship with and changing our perception of stress.

Anne continued with her practices and has completely changed how she feels about tinnitus. The sound is still there but it's not as loud and she rarely notices it now.

How can you support your community with your knowledge of mindfulness? What have you overcome by applying mindfulness to it? We can be so familiar



with our own journey that we can overlook these gifts. The effect of helping others ripples out and we can never underestimate the impact this has.

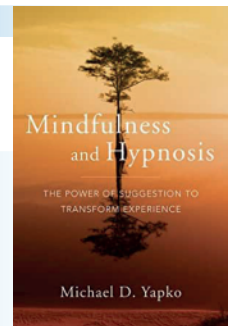
(References: The British Tinnitus Association)

Kate Greenslade is a certified mindfulness and transformation coach and MBSR teacher with a practice in London and Spain
<https://www.onlinemindfulnesscoach.com>

Book Review

'Mindfulness and Hypnosis: The Power of Suggestion to Transform Experience.' by Michael Yapko

Book Review by Reni Brown



Not knowing much about Hypnotherapy and with even less direct experience of it, joining training in Solution Focussed Hypnotherapy recently I was almost instantly struck by some of the similarities in 'Induction' in hypnosis, and 'Guidance' in Mindfulness Meditation. Are we sometimes using 'suggestion' in meditation and possibly aspects of mindfulness in hypnosis?

Yapko offers answers to this and other intriguing questions concerning links between mindfulness meditation and hypnosis, and does so with a piercing clarity of observation and analysis.

Accessible yet learned (with plenty of academic references if you should want them), the author leads us through elements of Induction and Meditation Guidance while encouraging a point of view that

enabled me to embrace the possibility we engage in both in our Guidance as well as in Induction, and that while different, with differing aims and (possibly) outcomes, not in any way mutually exclusive.

If you want to understand how to bring the best of both Mindfulness and Hypnotherapy into your work with clients or for yourself, this book will encourage and support such an approach. Linked yet different, we can bring our experience of and training in both and in so doing discover something bigger than the sum of its parts.

The book was Winner of The Society for Clinical and Experimental Hypnosis Arthur Schapiro Award for Best Book on Hypnosis 2011



If you're interested in learning more about mindfulness and hypnosis and would like to train in these fields then please visit the Mindfulness Based Clinical Hypnosis homepage.

<https://www.mindfulnessbasedclinicalhypnosis.org.uk/>



Ghost on a limb

by Elleb22

Sat with numbness, Broken again
A physical sign, Of that pain
Sat with shock, the runners came by
A physical welcome
I let out a sigh.

Sat with hope
As the runners reached out
Enveloping with kindness
Upstream living. No fish. No trout.

Standing with stress
And the realisation of mess
The strangers stood by
Whilst my mind Digests

Catastrophe strikes the button
The Mind of no return
The what's, if's, the glutton
Wheels stop, self-Punishment!

Disassociation of the Ghost within
Intensity of pain inside out,
The grey, the shine, the sin
What's it really all about!

Connections, kindness, the Soul
The journey, the carpet unfolds
The magic travel foot in bowl
Releasing the trauma untold

The Angels in form, did See
Beyond the limb at Sea
Crooked pirates the unsteady mast
The Angels enveloped the Unity, the past.

Gratitude to all, a piece fits' in
Allowing the support ahead out the bin
The deformity the struggle
The past is here, it is!

The Eagle close, I fly on the wings
The horses flight to Freedom
The unseen friends, the colour.
The wheel turns, the patterns, the signs

The Art of Closed Eyes
The vision awaits
Losing the Ghosts on a limb!
Is Duality, let go, go within, learn to
Swim!

Continuing Professional Development (CPD) 2022/23

Mindfulness teachers and therapists are required to maintain their Continuing Professional Development (CPD) to uphold professional learning standards and to meet the requirements of whichever professional association they belong to. Normally this is a minimum of 14 hours, or two days of CPD plus a Retreat Day during each twelve month period. The list below shows CPD and other training events currently scheduled for 2022 and 2023, but new events are being added all the time, so please check the relevant websites regularly.

** Each CPD Event states whether it will be taking place Live Online via Zoom or in-person **

** Please note individual booking information for each event **

Booking information Please see individual entry on how to book and unless otherwise stated the attendance fee for all CPD is £130 for students and graduates of Mindfulness Now / CEC, and £160 to all others. All courses are certified and training notes are provided. The courses are open to practitioners of mindfulness teaching, hypnotherapy, NLP, coaching, counselling, and related fields. Numbers are strictly limited.

Saturday 15th October 2022

Madeleine Agnew

Teaching Mindful Parenting

Live Online via Zoom 10:00 – 16:30

"A day of learning, practice, and discussion, for all mindfulness teachers and students.

This course would be ideal for practitioners working with children, school teachers, caregivers and of course parents themselves.

During the day we will be exploring many techniques and ideas including:

What it really means to 'Parent Mindfully',

Understanding Attachment Theory and how best to creating loving attachments,

How we were parented and how this impacts our parenting style, Parenting with PACE (Playfulness, acceptance, curiosity and empathy),

Working with Sensory Needs,

Early Brain Development,

Whole-brain parenting,

Developmental Trauma,

Keeping the body in Mind and various Therapeutic Parenting techniques approaching all the material from a mindful perspective.

By the end of this day, you will have all the knowledge and tools you need to parent yourself mindfully and or work with parents and caregivers teaching mindful parenting."

Bookings can be made via Madeleine Agnew on 07812 018 645 or info@devonmindfulness.com

Saturday 19th November 2022

Sharon Conway

Mindfulness and Mental Health

Live Online via Zoom 10:00 - 16:30

Integrates Mental Health Awareness and Mindfulness

This course enables the participants to understand factors that affect mental health and feel more confident about starting mental health conversations, it explores the relationship between mindfulness and mental health and how to look after ourselves.

- Equips participants to support someone in distress or who may be experiencing a mental health issue with MHFA England Mental Health Aware

- Looking after our own mental health and maintaining wellbeing is an essential part of teaching and leading others. This course explores mindfulness for healthy minds and participants will develop their own self care plan.

Everyone who completes the course gets:

A certificate of attendance to say you are Mental Health Aware

A manual to refer to whenever you need it

A workbook including a helpful toolkit to support your own mental health

Bookings can be made via Sharon Conway on 07720 426 073 or sharon@wellbeingmind.co.uk

Sunday 26th Feb 2023

Tony O'Shea Poon

Mindfulness and Buddhism

Live Online via Zoom 10:00 – 16:30

Students of mindfulness today are often intrigued by its Buddhist roots and enthusiastic to learn more. As mindfulness teachers, we can greatly enhance our teaching and enrich the experience of our participants by learning more about Buddhist practices that still hold so much relevance for us today.

This practice day will look at what the Buddha taught on mindfulness and the relevance of the teachings today. Mostly, we will practice mindfulness in the Plum Village tradition, as taught by Buddhist Zen Master, Thich Nhat Hanh. We will enjoy mindful movement, mindful walking, mindful eating, deep relaxation, the sound of the bell and the contemplations of looking deeply, compassionate listening and inter-being.

Participants will experience a deeper connection with the roots of mindfulness and have greater confidence to bring some of this to their teaching practice.

Bookings should be made at <https://mindful.me.uk/classes-and-courses/>

The Official Mindfulness Now 8-week Course March/April 2023

Rachel Broomfield

Live Online via Zoom

Each Saturday Morning – 10 - 11.30

4th March to 29th April 2023

If you're already qualified as a Mindfulness Now Teacher or have already attended the course but not yet completed your assignments, then attending our official 8-week programme, online via Zoom, will not only be very rewarding for you personally, but will also refresh your learning and help you to gain the equivalent of two days' worth of CPD.

Total cost = £250 (inclusive of the Gift Retreat Day on Saturday 29th April

Please contact Rachel Broomfield on rmbmindfulness@aol.com or by filling in the contact form here:

<http://www.rmbhypnotherapy.com/booking-8-week-course.html>

Saturday 22nd April 2023

Rachel Ashcroft

Mindfulness with Teenagers CPD

Live Online via Zoom 10:00 - 16:30

With mental health problems on the rise, it is said that around half of all lifetime mental health problems start by the mid-teens and three-quarters by the mid-twenties, according to documentation published by Public Health England, 2019.

The Mindfulness with Teenagers CPD addresses the current mental health crisis, potential triggers and risk factors to be aware of and ways in which we, as mindfulness teachers, can best support them through some of their most turbulent years. The day will involve lots of practical mindfulness activities that have been shown to be highly effective within this age range.

This CPD is delivered by mindfulness trainer, experienced former school teacher and mindfulness facilitator at Birmingham City University, Rachel Ashcroft.

Bookings to be made via the following booking link:

<https://mindfulnessnowmanchester.org.uk/product/mindfulness-with-teenagers-cpd-online-22nd-april-2023>