

Mindfulness Masterclass: The inquiry process

A day of practice, teaching and discussion

In **MBCT for Depression** (2013) the authors state, 'It seems that this (inquiry) is the single area of teaching in which both trainees and more experienced instructors are most likely to express concerns about their skills in implementing the program' and 'Yet it is also an area, potentially, in which participants' learning can be enriched enormously.' p 250

Come and explore your anxieties, questions and insights into this fascinating and sometimes mysterious activity.

Who is this for?

This would be suitable for anyone involved in teaching, or training to teach, mindfulness based programmes (Eg MBSR or MBCT)

Led by: Taravajra

Date: 28th February 2020

Time: 9.30-4.30pm

Venue: Sussex Education Centre, Nevill Avenue, Hove BN3 7HY

Cost: £110.00

Funded for Trust Approved Mindfulness Teachers (1 free Masterclass per year - £30 for any additional Masterclasses)

Certificate of attendance will be emailed after the event.

Request a booking form:

SMC@sussexpartnership.nhs.uk

***Please note:** Refreshments are provided.
Lunch will not be provided

Taravajra has been teaching the 8-week course in Sussex since 2005, to the general public, Carers, NHS staff, older people and school teachers. In 2010 he gained an MA from Bangor University in Mindfulness based approaches. In 2011, he joined the core training team at the Centre for Mindfulness Research and practice (CMRP), the same year in which he and others began offering a one year teacher training through Sussex Partnership NHS Foundation Trust. Since 2015, with Estrella Fernandez, Taravajra has been leading the creation of a CMRP teacher training pathway in MBCT in Spain.