

Dear Mindfulness Student

Stress is a precipitating factor in both medical and mental health issues. The discovery that mindfulness meditation has a positive effect on the course of both medical and mental health treatment has caused an explosion of interest in mindfulness as a useful skillset for professionals.

Consequently, the journals are now filled with hundreds of studies showing the efficacy of mindfulness, and the publishing field is overflowing with texts showing how mindfulness can be used in the clinical setting for numerous purposes, including specific protocols for dealing with various diagnoses.

However, mindfulness, by its very nature will always remain a skill that is not textbook based. Many of the necessary components are best communicated face-to-face. This is why professional mindfulness programs not only require experiential training but also require their practitioners to practice mindfulness themselves.

And mindfulness meditation itself is enormously relaxing. The skillset you will learn in this course will not only reduce your stress markedly, but will teach you techniques which increase your efficiency and your effectiveness at doing whatever you do professionally.

So if you haven't had the opportunity to learn or sharpen your mindfulness skills, now might be the perfect time to do so, at an affordable cost (\$30 a week, payable per week). Those of you familiar with both hypnotherapy and meditation know that there are many parallels between what a mindfulness facilitator does while doing GMM ("Guided Mindfulness Meditation") and what a hypnotherapist does when doing stress management in a group or individual setting.

To give you added value and an edge over other mindfulness trainings, you will also learn insights from a well-known family therapist, Michael Yapko, PhD, who is one of the best minds in the Ericksonian hypnotherapy field. Each week, we will add suggestions to techniques discussed in his text and experiment with the results of selected phrasing and nuances of how to use your voice, to fine-tune your skills as a Mindfulness Meditation Trainer.

Each week hypnosis-related insights and techniques will be added to the mindfulness curriculum. In the 8th week, a deeply stress-reducing protocol from the NLP/Hypnosis field will be experienced, with vital signs taken before and after, to show how these insights and techniques produce a markedly deeper relaxed state than traditional mindfulness tends to provide.

So if you are a medical or mental health professional, an educator, or a student, in the field of medicine, mental health, counseling, social work, drug and alcohol counseling, chaplaincy, patient education, etc., then this opportunity would be perfect for you to add this important set of tools to your toolbox.

This 8-week course communicates essential MBSR (“mindfulness based stress reduction”) skills while laying the groundwork for MBCT (“Mindfulness Based Cognitive Therapy”). You’ll become certified as a Mindfulness Meditation Trainer, which is a marketable skill in today’s stress-filled world. See the attached flyer and course description for more detail.

Your instructor, Charlie Curtis, BCH, has a lifetime of experience in meditation, is trained and certified by several national training organizations, and has been training professionals in these skills for many years.

If you’ve decided it’s time for you to learn professional mindfulness skills while also reducing your own stress, don’t let this opportunity pass you by.

Classes are conducted on Thursday evenings at 7-9:30 PM. There is a free introductory class on Thursday Sep 10, and the class runs for 8 more Thursday nights after that. Classes are all Internet based and live-streamed over Zoom, and video and audio recordings are made for your convenience including if you wish to attend but Thursday nights are bad for you. Call 610 781-1822 or email charlieach@yahoo.com to reserve your space in the upcoming introductory class.

Sincerely yours,

Charlie Curtis