

# **MINDFULNESS MEDITATION TRAINING CLASS**

**MINDFULNESS HAS BECOME SO POPULAR IN THE MEDICAL AND MENTAL HEALTH FIELDS BECAUSE IT WORKS!**

**EXPERIENCE THE PEACE OF THE DAILY PRACTICE OF MINDFULNESS  
BECOME TRAINED IN HOW TO GUIDE OTHERS THROUGH THIS  
EXPERIENCE IN BOTH GROUP AND INDIVIDUAL SETTINGS**

**LEARN MBCT (MINDFULNESS-BASED COGNITIVE THERAPY)  
THE SCIENCE OF MBSR (MINDFULNESS-BASED STRESS REDUCTION)  
THE SKILLS OF GMM (GUIDED MINDFULNESS MEDITATION)  
BECOME CERTIFIED AS A “MINDFULNESS MEDITATION TRAINER”**

- Master concepts of MBCT (Text: “Mindfulness-Based Cognitive Therapy For Depression”, Segal, Teasdale, Williams, 2<sup>nd</sup> Ed)
- Learn scientific research behind MBSR
- Incorporate insights of hypnotherapy into your GMM (Text: “Mindfulness and Hypnotherapy”, 2011, Yapko)
- 9-week training for professionals/educators/students who do assessment, treatment, patient education, psychotherapy, counseling, social work, alcohol and drug counseling, chaplaincy or similar work
- 22.5 Continuing Education hours, 2.5 hrs/week, 9 classes, payable \$30 per class (first class free), total \$240 + books, includes audio and video recordings of classes, livestreamed over internet

Classes Thursdays 7-930 PM, live-streamed Internet, and/or access to recorded video and audio mp3s if Thursday night is bad for you.

Instructor is Charlie Curtis, BCH, NLP Trainer, NGH.net Continuing Education Faculty, Stress Management Consultant **Free Introductory Class, Thu Sep 10, contact 610 781-1822 or [charlieach@yahoo.com](mailto:charlieach@yahoo.com)**