



2 Day Workshop

Learn mindfulness approaches to assist those managing anxiety.

When: 19-20 March OR
29-30 October, 2019

Time: 9.00am - 4.00pm

Where: Well for Life, 2/35 Hume St,
Crows Nest NSW

Cost: \$660 (inc GST, all materials, lunch, m/a tea)
\$630 (Early bird paid 2 months prior)
\$560 (Student price)
\$530 (Student early bird paid 2 months prior)

Trainer

Sabina Rabold

Registered Counsellor and
Psychotherapist

About the Workshop

We all worry at times; in fact, mild and passing anxiety is a useful signal to warn of danger and point toward action, enhance performance and activate motivation. However, the distress of more intense and chronic anxiety steals away joy and optimism and the pleasures of thriving in life and feeling well and content. In recent times mindfulness-based therapy has become a significant therapeutic tool for understanding and overcoming anxiety.

This two day workshop offers a creative pathway to learning mindfulness. A theoretical foundation will be offered as a contextual frame for understanding mindfulness as a tool for overcoming anxiety but most learning will come through immersion in creative and mindfulness practices. Learning through doing is at the heart of this workshop. Each practice supports the applied understanding of mindfulness in one's own life and as therapeutic tool in work with clients. Inviting mindfulness into our therapeutic work offers a tool for healing and transformation and is a source of nourishment and aliveness for both the therapist and the client.

You will have the opportunity to:

- Unpack the neuro-psycho-biology of anxiety
- Understand the theory and context of mindfulness
- Explore the anxious brain from the perspective of mindfulness
- Know various types of mindfulness practices specific to calming the anxious mind and body
- Cultivate mindful presence which is non-judging, non-striving, present-moment awareness
- Consider creative interventions for clients with anxiety
- Experience connection and community in a small group environment
- Take home a toolkit of practices that can be used personally or professionally

