

Mindful Compassion Facilitator Training at Blythe House Hospice April 2018 - April 2019

This programme consists of four weekend training sessions at Blythe House plus a five-day residential retreat.

- ❖ 21st - 22nd April 2018
- ❖ 14th - 15th July 2018
- ❖ 27th - 28th October 2018
- ❖ 26th - 27th January 2019
- ❖ Residential Retreat April 2019 Date t.b.c.

16 places are available on this training programme, which provides the opportunity to learn how to be a facilitator of the eight-week Mindful Compassion programme, developed at Blythe House, which can be used across a variety of healthcare and public settings.

Participants will:

- ❖ gain a deeper level of understanding into a very practical way of developing self-care and learning to adopt a more mindful and compassionate way of living
- ❖ develop understanding and experience of the theory, science and practices of Mindful Compassion
- ❖ gain experience in the facilitation and management of Mindful Compassion groups.

Requirements to access this training:

- ❖ Completion of the 8-week Mindful Compassion programme at Blythe House
- ❖ Attendance at a Macmillan Mindful Compassion training weekend
- ❖ Evidence of training with other Mindful Compassion approaches.

Facilitators:

- ❖ David Oldham, Counsellor; Mindful Compassion teacher and practitioner
- ❖ Ann Burgoyne, RN, Mindful Compassion practitioner and facilitator

Programme cost: £950

Payment can be made in three instalments:

- ❖ £450 when booking a place
- ❖ Two further instalments of £250
- ❖ Final payment must be made no later than 1st September 2018

All profits from this programme will go to Blythe House Hospice

For more information or to book a place contact Nicki Theaker: 01298 875086

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