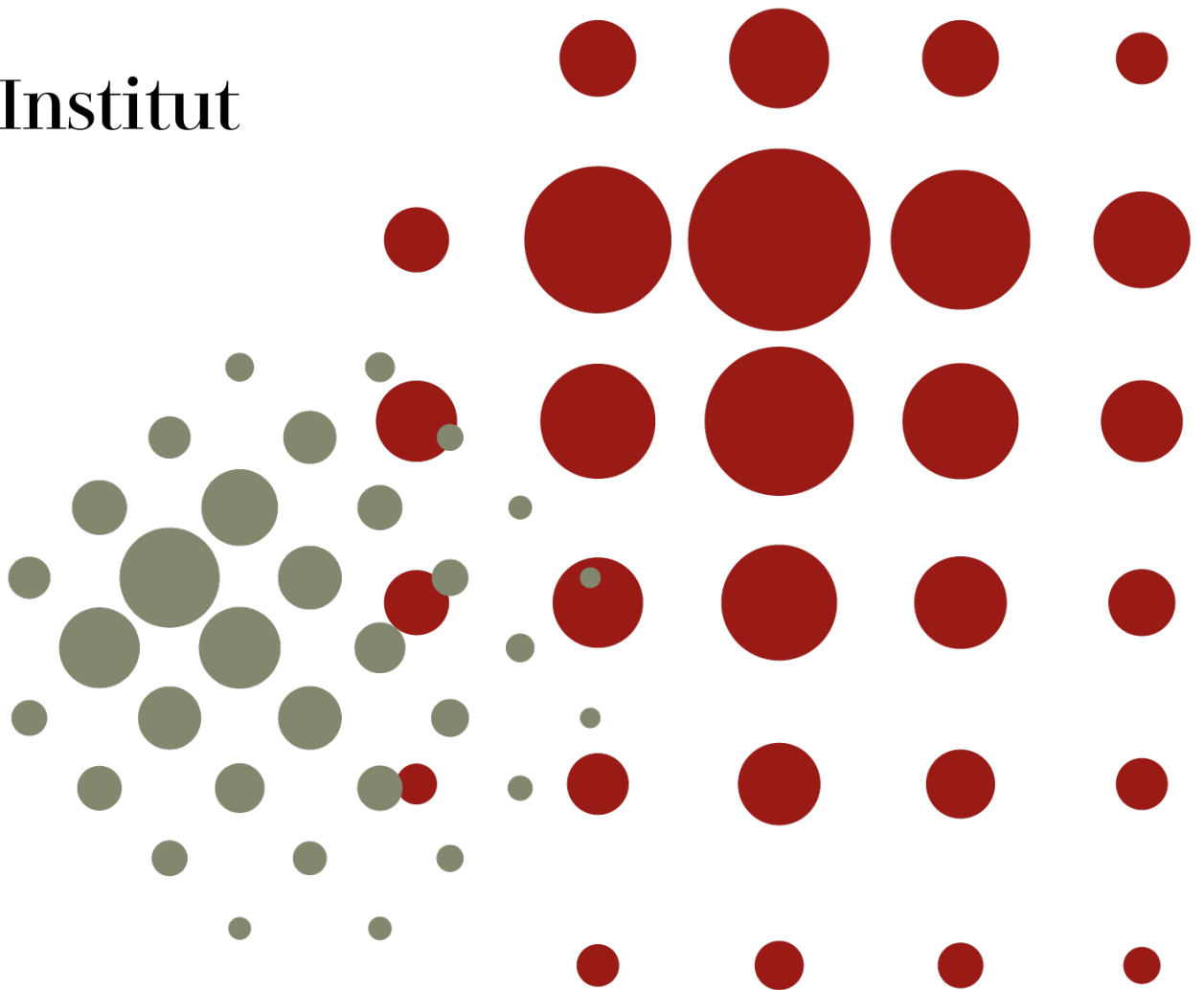





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**Bringing Mindfulness into
Therapy: The Wisdom of C.
Rogers**

Inhalt	<p>"Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally, in the service of self-understanding and wisdom" (J. Kabat-Zinn). It is a certain way of relating to our lives, cultivating an embodied presence with compassion for our human experience moment by moment.</p> <p>Mindfulness, a set of practices of Buddhist origin, has found great acceptance in the field of mental health and psychology. Such interventions emphasize a direct experience orientation, non-judgmental observation and acceptance of the thoughts, emotions and bodily sensations that flow through us right now. We are invited to direct an open and receptive attention towards the body, a wise and compassionate relationship to the activity of the mind and the movements of the heart. This "somatic attention" helps us to ground and regulate ourselves. It is self-inquiry, kindly holding ourselves with a caring and loving attitude.</p> <p>Included: pdf of presentation, handouts</p>
Leitung	<p>Maria Martinez Alonso psychologist-psychotherapist acp/FSP, clinical sex-therapist ASPSC, EMDR-Europe supervisor, certified MBSR teacher (Mindfulness) and certified Yoga teacher RYT 200.</p>
Teilnehmer*innen	<p>Open to anyone in training or certified in the person-centered approach (psychotherapy or counseling) and in other psychotherapeutic approaches. Comfortable exploring a variety of mindfulness practices. No previous experience in meditation required.</p>
Credits	<p>Dieser Kurs wird den TeilnehmerInnen als 16 Lektionen Fortbildung angerechnet.</p>
Datum	<p>Friday, October 22nd, and Saturday, October 23rd, from 1:30 p.m. till 8:00 p.m.</p>
Kursort	<p>Session will occur on ZOOM in English</p>
Kosten	<p>CHF 600.- A reduction of CHF 30.- will be granted to members of the pca.acp.</p>
Information	<p>Maria Martinez Alonso, 186 Merrick Road, Farmingdale, 07727 NJ (USA), T +1 732-859 4481, maria.martineزالonso2007@gmail.com , www.mindfulawarenessnj.com</p>
Anmeldeschluss	<p>01.10.2021</p>
Anmeldung	<p> www.pcainstitut.ch</p>