

## Christchurch Course



### **MINDFULNESS for Well-being** **MBCT – Mindfulness Based Cognitive Therapy**

**RESEARCH-BASED MINDFULNESS COURSE**  
**with Lin Ong**  
**8-Weeks core structure**

**Working with dis-ease before it becomes disease**  
**Focusing on maintaining well-being**

**How can we break mind habits that keeps us stuck?**  
**How can we tap into the spring of wellness & resource within?**

*Practical, with resource materials, audios and includes a pre-interview to help understand your needs*

**Eight weeks** : ~Two hours each week; eight Wednesdays and one full-day  
**Duration** : Begins Wednesday 4<sup>th</sup> July – 22<sup>nd</sup> August 2018  
**Time** : 645-900pm + full-day on 11<sup>th</sup> August.  
**Venue** : Avebury House or Dudley Street community space (TBC)

MBCT forms the foundation for anyone wishing to break patterns that keep them stuck. To familiarize with deeper contentment and freedom through observing, understanding and learning experientially.

The structured format helps people explore mind habits through mindfulness practices, be more aware of the mind-body connections and have access to choice that supports longer term well-being and resilience. The 8-weeks MBCT course is one of the most widely researched evidence based courses in mindfulness. It combines mindfulness-based practices with cognitive exercises. Originally developed to support well-being in those struggling with depression; with meta-analysis showing it halves the risks of relapse of depression in those with three or more episodes. Evidence also suggests MBCT helps with managing anxiety and everyday stresses or stresses due to health or life conditions. It involves the integration of mindfulness into daily living and develops resilience and healthy qualities of well-being, and ways in responding for those that wish to live a happier and healthier life.

Variations based on this program have also been implemented in schools, for parliamentary members, workplaces for staff's wellbeing, and for the wider community.

(For those interested in becoming mindfulness facilitators, this course forms the first step towards the MBCT facilitator's training pathway).

### Who is it suitable for?

- Those interested in mindfulness and meditation and have a curiosity and willingness to experience and integrate mindfulness into their daily life.
- Or those who have experience mindfulness and would like to explore deeper and maintain practice through a research based structure.
- Those who would like to learn to let go of difficult thinking patterns and/or who have experience either previous episodes of depression, anxiety and/or stress and are looking for ways to maintain well-being.
- Those coping with everyday struggles or stress, who want to learn to live differently, with more ease, happiness and choice.

#### Note:

For those who have attended a previous 8-weeks MBCT course with Lin, you are welcome to return for free/token koha for the entire course if you commit to all the classes. This is offered to support ongoing practice. For those who have previously attended the 4-weeks PFW course, may also contact for subsidies.

### Registration to reserve your place

**Email:** [eLosparks@yahoo.com](mailto:eLosparks@yahoo.com) or text / ring: 0210 250 6597

**Course fees (includes resource materials):** \$455 - \$580

(give what you can afford in range)

A registration form and pre-program questionnaire will be sent to you, your place is confirmed upon payment. Fee payments can be made weekly for those that require such an arrangement.



**TRAINER:** Lin (Ee Lin Ong) is certified to deliver MBCT through the Oxford Mindfulness Centre (OMC), UK supervised pathway. She is also a facilitator and a lead trainer for Mindfulness Works, New Zealand and Australia. Being an OMC Associate, she provides mindfulness training internationally and locally. Lin is deeply grateful to Prof Mark Williams and Dr Jon Kabat-Zinn and her supervisors from Oxford Mindfulness Centre, UK as well as her other precious teachers from various walks of life, and her family, friends and the participants she has met. Lin has a deep interest in research-based approaches that bring together the strengths of modern science and ancient wisdom to help alleviate suffering and promote well-being in people. Her motivation is to work alongside you in a way that enlivens and empowers, so that you can benefit yourself and others.