



# MINDFULNESS

## AN EIGHT WEEK PROGRAM FOR THE PUBLIC ON MINDFULNESS BASED COGNITIVE THERAPY WITH EE LIN ONG

....Enhancing mind-body potential

The widely researched and scientifically respected 8-week MBCT programme enables us to become more familiar with our body, feelings, mind and experiences through learning to pay attention intentionally and non-judgmentally to things as they unfold. MBCT combines cognitive therapy with mindfulness practices.

Repeatedly, MBCT has been found to reduce the likelihood of relapse in people who have suffered previous episodes of depression and in the UK this program is recognized in the mainstream mental health care. Valuably, MBCT is also for those that are generally well yet who wish to take responsibility for their mental health and cultivate a sense of deeper awareness.

**NEXT COURSE  
STARTS  
18th JUNE  
2015**

## The Program

The Programme consists of:

Eight weekly 2-hour group sessions.  
One full-day session between sessions 6 & 7.  
Guided experiential mindfulness practices: still and movement and cognitive exercises.  
Guided discussions and home practice.  
Handouts and guided mindfulness practice audios.  
Home practice between sessions

MBCT was the result of research by Mark Williams (Oxford), Zindel Segal (Toronto), John Teasdale (Cambridge). The core mindfulness practices in MBCT are based on Jon Kabat-Zinn's MBSR program.

## What Some Previous Participants Say...

"It is a very practical practice and can be integrated into our daily lives."

"It is a way to release stress without relying on external factors"

"It is a changed lifestyle for me".

"This programme helped me to be more composed, anchored, do a better job, and be more productive."

"I can feel myself becoming calmer and more aware of the surroundings."

"It changed the way I relate to myself, my feelings and thoughts."

"This programme provided a structure for my mindfulness practice.

"The cognitive exercises of the program really made me more aware of my own thoughts. I feel a lot happier and less burdened."

## The Trainer



Lin's background in Mindfulness-Based Cognitive Therapy stems from personal practice, experiencing the programme, conducting groups

and attending training retreats with the developers of both the MBCT and MBSR programs.

Like you she is a human being who encounters the ups and downs of life and the universal wish to be in contact with happiness and peace. She has an interest in research-based approaches that bring together the strength of modern science and ancient wisdom to help empower and address suffering and be in touch with well-being in people.

Lin is deeply grateful to teachers from OMC and her other Teachers from various walks of life and her family and friends. Her motivation is to work alongside you in a way that enlivens and empowers so that you can benefit yourself and others around.

Lin is certified to deliver MBCT through the Oxford Mindfulness Centre UK Training

pathway and has been conducting the workshops and witnessing the shifts within people including herself. She is also certified to deliver Mindfulness in Schools programme. To maintain delivery integrity she receives supervisions from the Oxford Mindfulness Centre (OMC).

Her formal background includes an MSc Psychology and has formal training in Counselling, Coaching, Social work, T-JTA, MI, ACT, MIECAT and Mindfulness-based Interventions. She is a full-member of the Singapore Psychological Society and a certified coach with the International Coach Federation and the Life Coaching Academy of Australia.

## The Practicalities

### DATES:

Thursday evenings, 18th June - mid August 7-9pm, 8 sessions + Full-day Session: 25th July (Sat) 9-4pm.

### VENUE:

Averbury House, 9 Eveleyn Couzins Avenue, Richmond, Christchurch

### TO BOOK OR FOR MORE INFORMATION:

Email: [eLosparks@yahoo.com](mailto:eLosparks@yahoo.com)  
Phone 0210 250 6597.

Early Bird Fees available before 10th May 2015

Your place in the course is only confirmed upon a brief pre-interview either on the telephone or face-to-face at a time that will be arranged with you.