



**Matrix College CPD Course**  
**Mindfulness for Therapists with Bronwen Rees**  
**Three weekends from in January to April 2019**  
**Matrix College, Griffin Court Wymondham**

**Title:** Mindfulness training for therapists

**Dates:**

19<sup>th</sup> & 20<sup>th</sup> January  
23<sup>rd</sup> & 24<sup>th</sup> February  
6<sup>th</sup> & 7<sup>th</sup> April

This is a three-month experiential training course in which you will be introduced to the basic principles and practices of mindfulness, and their relationship to trauma and neuroscience.

The emphasis throughout will be on developing your own practice of mindfulness through individual, group and triad work to find ways of integrating this within your own therapeutic method.

**Weekend 1: Establishing Ground**

Basic principles and practices of mindfulness; setting up a practice.

**Weekend 2: Mindfulness in Relationship**

Four foundations of mindfulness in therapeutic relationship.

**Weekend 3: Mindfulness in the Field**

Mindfulness as a tool of inquiry into systemic and intergenerational trauma.

## Bronwen Rees



### Biography

Dr Bronwen Rees has over 25 years of mindfulness practice, having trained initially within the Triratna Buddhist Order. As Director of the Centre for Transformational Management Practice, at Anglia Ruskin University, Cambridge, she was one of the pioneers in introducing mindfulness into the workplace and in education, and has lectured, published and led retreats worldwide. She trained in mindfulness-based core process psychotherapy at the Karuna Institute (the first mindfulness training in psychotherapy) where she latterly was external examiner, and has a lively practice in Cambridge and Suffolk.

### The Venue:

Matrix College, 6 Griffin Court, Wymondham Norfolk NR18 0GU

### Timings:

10.00 am to 4.30 pm

### Refreshments:

Tea and coffee will be provided at the venue.

### Course price:

£500

### Booking:

Please complete the booking form and return this to Nikkita at [nikkita@matrix-training.org](mailto:nikkita@matrix-training.org)

Payment for tickets can be made by bank transfer or cheque. Details for both are on the booking form.

Places will only be confirmed when full payment is received. Acknowledgement and a receipt will be sent by email. Certificates of attendance will be provided at the end of the course.

If you have any queries please contact Nikkita Welman at [nikkita@matrix-training.org](mailto:nikkita@matrix-training.org) or on 01832 272916.