

Alistair Appleton



Dr Mary Welford



Dr Deborah Lee



Martin Brock

**10am to 5pm on Friday 26th September 2014, York University**

Mindfulness is a core process for many facets of life including creativity and psychotherapy. This one day conference explores life 'Through the Lens of Mindfulness' and we are proud to present Alistair Appleton, Dr Mary Welford, Dr Deborah Lee and Martin Brock, all leaders in their fields, to explore the creative use of mindfulness in a range of different settings to help you and those you work with.

### Who Should Attend

All healthcare practitioners who wish to learn more about the use of Mindfulness in a range of settings.

### The Day

- 0900—1000 Registration  
1000—1120 Alistair Appleton: *Keynote Address on Mindfulness & Joy*  
1120—1140 Break  
1140—1pm Dr Mary Welford: *Self Confidence & Mindfulness*  
1pm—1340 Lunch (Optional Lunch Time Seminar with Matthew Cole  
*EMDR & Mindfulness*)  
1340—1500 Dr Deborah Lee: *Trauma & Mindfulness*  
1500—1520 Break  
1520—1640 Martin Brock: *ACT & Mindfulness*  
1640—1700 Panel Questions

### Price

- Standard Fee: £150  
Early Bird Discount: £120 (for places booked before 26<sup>th</sup> August 2014)  
Organisational booking rates: 5 places for the price of 4!

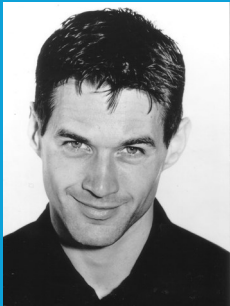
*All prices are inclusive of VAT, workshop materials and refreshments.*

### How to Book

To reserve your place, please complete the Booking Form overleaf and post to:  
EYAS Ltd, 7 Temple Bar Business Park, Strettington Lane, Chichester, PO18 0LA



**Keynote Speaker:**



**Alistair Appleton**

It was in 2000, alongside his successful career in television, that **Alistair Appleton** began his serious involvement in meditation. Trained mainly in the Buddhist tradition, Alistair took refuge with Lama Yeshe Rinpoche, the abbot of Samye Ling Monastery in 2000 and sat several retreats at this extraordinary monastery in the Scottish borders and in the meditation hermitage on Holy Island near Arran. In the following years, however, it was the simpler, more direct teachings of the Thai Forest tradition that caught Alistair's attention. He studied at Chithurst Monastery in Sussex with the sangha around Ajahn Sumehdo and completed a retreat at the famous training monastery in Thailand, Wat Pah Nanachat. He also studied with the wonderful teacher Ajahn Amaro who is abbot at Abhayagiri Theravadan monastery in Mendocino County, California.

Since 2004, Alistair has also drawn inspiration from outside the Buddhist world, working with the shamanic practices of the Amazonian Indians in Brazil. This colourful and powerful practice has brought him back into contact with the more shamanic aspects of Tibetan meditation.

And in 2004, his Tibetan preceptor, Lama Yeshe Rinpoche requested Alistair to teach a meditation course for beginners up on Holy Island: his "ABC of Meditation". Since then he has led numerous courses on mindfulness, compassion training, self-soothing and the creation of joy - many of these weekend courses held in the beautiful Abbey in Oxfordshire.

Since 2008, Alistair has also been training in the MA in Psychotherapy at the Minster Centre in London. This is an integrative training institute which looks at combining aspects of psychodynamic and humanist therapy and wonderfully complements the work in mindfulness and compassion, Alistair has learnt through meditation.

Alistair's lively and non-dogmatic workshops seem to appeal to a very broad audience not usually attracted to spiritual practice and his easy manner brings the techniques of meditation alive for a practitioner living in the modern world.

**Contact**

For Booking Enquiries please contact:

**EYAS Limited**

Telephone 01243 775561  
Email [info@eyas.co.uk](mailto:info@eyas.co.uk)

Please post your completed Booking Form to:

**EYAS Limited**

7 Temple Bar Business Park  
Strettington Lane  
Chichester  
West Sussex  
PO18 0LA

**York MBSR**  
*The Mindful Way to  
Reducing Stress*

**Through the Lens of Mindfulness**  
**Friday 26th September 2014**  
**Day Conference at York University**



**Guest Speakers:**

**Dr. Mary Welford**

Dr. Mary Welford is a Consultant Clinical Psychologist working in the South West of England, where she is the Clinical Director and Lead for Therapy Services at Psychology Associates in Saltash, Cornwall.

Mary is a founding member and Chair of the Compassionate Mind Foundation. Working with a range of people on an individual and group basis, Mary is particularly interested in the application of Compassion Focused Therapy (CFT) across the spectrum of human experiences, from anxiety and depression to psychosis and personality difficulties.

Mary is the author of "The Compassionate Mind Approach to Building Your Self Confidence".



**Dr. Deborah Lee**

Dr. Deborah Lee is a Consultant Clinical Psychologist and Head of the Berkshire Traumatic Stress Service. She is honorary senior lecturer in Clinical Psychology at University College London.

Deborah is a founding member of the Compassionate Mind Foundation and is currently focusing on working with members of the forces dealing with post traumatic stress disorder.

Dr. Lee has worked in the field of adult trauma as a specialist for 20 years and she is the author of "The Compassionate Mind Approach to Recovering from Trauma" together with Sophie James.



**Martin Brock**

Martin Brock (MSc) is an accredited Cognitive Behavioural Psychotherapist with some 34 years clinical experience and has trained clinically in CBT, ACT, CFT, MBCT and EMDR. He is a fellow of the Higher Education Academy in the UK and a recognized ACT Trainer who has regularly delivered workshops in the US, Europe & Australia. Martin is Chair of the ACBS Membership Committee and Past President of the ACBS UK Chapter and committee member for the ACBS Evolution Science and Compassion Focused Special Interest Groups

**Contact**

For Booking Enquiries please contact:

**EYAS Limited**  
Telephone 01243 775561  
Email [info@eyas.co.uk](mailto:info@eyas.co.uk)

Please post your completed Booking Form to:

**EYAS Limited**  
7 Temple Bar Business Park  
Strettington Lane  
Chichester  
West Sussex PO18 0LA

