

Mindfulness and Existential Therapy

Both the practices of Mindfulness and Existential therapy are concerned with exploring human existence. Both acknowledge change, impermanence, uncertainty, suffering/existential anxiety and death, as givens of existence. Both see self and reality as relational, without rigid or permanent substance. Both recognize the inter-related nature of body/mind, subject/object and self/other/world.

Mindfulness is a dedicated contemplative practice of deeply looking into the nature of self and reality and recognizing their conditioned manifestation. It is a gentle intentional practice of turning towards our moment to moment unfolding experience in our life and being present to it with acceptance. Mindfulness practice awakens the heart cultivating 'being qualities' of loving-kindness, compassion, acceptance, presence, empathy, calmness and the profound human to human connection so valued in therapeutic encounter. It helps psychotherapists in clearing the space to be present for clients and in staying anchored in the midst of another person's suffering. It also facilitates monitoring and honouring the messages from our body in the therapeutic relationship. The clinical value of Mindfulness is widely accepted for a variety of physical and psychological conditions, including within the NICE guidelines as promoting mental health and resilience.

This course will be highly experiential and the teaching will emerge from participants' lived experience.

"I really liked how Jyoti worked with our experience + feedback rather than her own agenda...very refreshing!... Jyoti was at all times the embodiment of mindfulness towards herself, her materials and us." Diana Mitchell (Existential Psychotherapist) at 'The Art of Mindfulness' in 2006.

"It (Mindfulness) helps me to slow down to notice and be awake to what I would otherwise miss so that my life's tapestry is enriched and also clarified through attention to and acceptance of my experiences. I do not have to sit on a mat, be in any particular location or practice during a certain hour (although I may choose to) – being where I am is enough to practice. It feels like a way of life." – Ursula Berghaus (Existential Psychotherapist) at course 'The Therapeutics of MBSR' 2009



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Jyoti Nanda CPsychol is an HPC/BPS Registered Chartered Counselling Psychologist, UKCP Registered Existential Psychotherapist and MBACP (Snr. Accred). She is on the Visiting Faculty at Regent's College and is in Private Practice. A long-term practitioner of meditation in more than one tradition, her published work in peer reviewed journals focuses on an Embodied Integration of Mindfulness and Existential Therapy.

**This course will run from 11am – 6pm on
Saturday 23rd July 2011**

Attendance: £150

To apply, please contact Sasha:
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Or send your completed application form to:
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Application forms available at www.nspc.org.uk