

## YOUR FACILITATORS



**Susan Woods, MSW, LICSW** is a mindfulness-based psychotherapist in private practice. Ms. Woods teaches the Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT) programs and has been awarded MBSR teacher certification by the Center for Mindfulness, University of Massachusetts Medical School, Worcester, MA. Ms.

Woods teaches professional training programs in MBCT, leads mindfulness-based professional training retreats and has presented on the clinical application of mindfulness at numerous conferences. She has been involved in MBCT clinical research projects and provides consultation and supervision in mindfulness-based approaches. Ms. Woods is a published author in the training of health professionals in mindfulness, has been practicing



**Char Wilkins, MSW, LCSW** is a mindfulness-based psychotherapist who is trained to teach Mindfulness-based Stress Reduction, Mindfulness-based Cognitive Therapy, and Mindfulness-based Eating Awareness programs. She has had a personal meditation practice since 1995. Her focus is working with stress-related physical

and emotional issues, women who have experienced childhood abuse and trauma, and those who suffer with depression, anxiety and disordered eating. Char also trains professionals in the application of mindfulness in psychotherapy, advanced MBCT skills, and mindful eating, leads mindfulness retreat/ trainings for professionals, and provides consultation in the use of mindfulness in professional settings. Char serves as president of The Center for Mindful Eating ([tcme.org](http://tcme.org)) and is the owner/director of the Center for Mindful Living in CT. [www.amindfulpath.com](http://www.amindfulpath.com)

We don't see things as they are.  
We see things as 'we' are.  
We see the world as 'we' are, not  
as 'it' is; because it is the 'I' behind  
the eye that does the seeing.

Anais Nin



## GUEST HOUSE CENTER CHESTER, CT

The Guest House, a delightful retreat/conference center, is a beautifully renovated country inn on private wooded land adjacent to state forest in the scenic Connecticut River Valley.

The Center offers a nurturing and comfortable environment, spacious guest rooms with private baths, superb cuisine, and amenities that range from a grand piano in the lobby to wireless internet in every room. For more information, travel information and driving directions visit: [www.guesthousecenter.org](http://www.guesthousecenter.org)

## REGISTRATION & INFORMATION

Contact Char Wilkins:

860-402-9333

[info@amindfulpath.com](mailto:info@amindfulpath.com)  
[www.amindfulpath.com](http://www.amindfulpath.com)

By mail: Char Wilkins  
Center for Mindful Living,  
56 Arbor St. Suite 405  
Hartford, CT 06106

# Investigating Awareness a four-day training/retreat for professionals



**November 11 –14, 2010**

The Guest House Center  
Chester, CT

# A mindfulness training/retreat for professionals



## Living intentionally

Even when we mean to take better care of ourselves in our personal and professional lives, we often overlook our own self-care. During these four days we will explore mindfulness as a way to relate to ourselves and to the reality of our lives with kindness, compassion and wisdom.

## What is our question?

*What if I lived my work mindfully?  
What would my work look like?*

This retreat/training is focused on helping you explore the relevance of formal and informal mindfulness practice in terms of your personal well-being and professional intention.

## What can get in our way?

The heart of these four days will be in exploring how the embodiment of mindfulness practice can not only inform our personal lives, but transform how we experience and are with others' suffering. We will investigate what can get in the way of our being fully present and how that can affect the delivery of mindfulness in our professional settings.

This program is for therapists, clinicians, educators, healthcare providers and MBSR, MBCT or MB-EAT teachers who want to strengthen their personal mindfulness practice and skills with clients/patients, program participants and students.

Application for CEs has made for some professions.

## Mindfulness practice

Throughout the four days we will explore the relevance of formal and informal mindfulness practice in our personal and professional lives.

We will bring understanding to the role that habitual thought and mood patterns play in our behaviors and develop skills that promote ways of responding that provide alternative options to reduce reactivity.

We'll look at how developing and maintaining a personal practice can help cultivate adaptability and stress resilience in our lives.

## The format

This program is both experiential and didactic, invites group discussion, and provides time for self-reflection. Each day will include formal and informal mindfulness practice. The program is appropriate for all levels of mindfulness practice.

Program objectives: you be able to;

- Define the practice of mindfulness
- Name the characteristics of mindfulness-based approaches; the difference between "being" mode vs. "doing" mode
- Develop various skills that deliver mindfulness interventions in the workplace
- Develop /strengthen a personal mindfulness practice

## REGISTRATION

Registration and payment must reach us by Aug. 10.

Please note that space is limited. Please print clearly.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

All meals vegetarian

I have food allergies and need these meal accommodations \_\_\_\_\_

## FEES

Room and board includes 4days/3 nights lodging and all meals. Rooms are spacious and comfortably appointed, all have private baths. All linens and towels are provided. Accessible to all abilities.

- |  |              |
|--|--------------|
| <input type="checkbox"/> Single room with private bath | \$471        |
| <input type="checkbox"/> Double room with private bath | 348          |
| <input type="checkbox"/> Triple room with private bath | 306          |
| <input type="checkbox"/> Retreat/training tuition:     | <u>\$300</u> |

Amount enclosed: \_\_\_\_\_  
Balance due by Aug. 10: \_\_\_\_\_

## PAYMENT

**A \$275 non-refundable deposit will hold your space. Full payment is due by Aug. 10, 2010.** Please return this form with payment. Make check or money order payable to: A Mindful Path, LLC.

Mail to: Center for Mindful Living, Suite 405  
56 Arbor St., Hartford, CT 06106.

Upon receipt of your registration and deposit we will send you a confirmation email.