



The Stress Management Institute in association with the Centre for Professional Therapy
Present

MINDFULNESS FOR THERAPISTS with Michael Delmonte Ph.D.

Michael Delmonte's research and writings on mindfulness, meditation and psychotherapy span many decades. He has contributed to publications in Australia, Germany, Japan, the Netherlands, the UK, the US and Ireland, and has lectured widely internationally on this subject. Michael is Principal Clinical Psychologist in St. Edmundsbury's Hospital, Lucan, Co. Dublin. He is a psychoanalyst and constructivist psychotherapist with a special interest in Eastern (particularly Buddhist) approaches to mental health. Having initially graduated with a degree in Genetics, he maintains a passionate interest in evolution from a psychological perspective. Less interested in technique than expanding awareness, he is committed to a holistic (mind-body) approach in his work. In this workshop, he helps therapists to incorporate the ancient arts, such as mindfulness, into modern therapeutic practice.

Who Should Attend

Practicing psychotherapists, counselors and counselling psychologists who wish to explore mindfulness in their work. *Maximum of 15 participants*

Course Date: 10.00am-1.00pm Saturday, 4th April 2009

Venue: The Stress Management Institute of Ireland, 16 Harcourt St, Dublin 2

Course Cost: €80.00.

-----Cut here for Booking Form -----

REGISTRATION: As places are limited for this Mindfulness for Therapists workshop, it is advisable to book early. To register fill in the form below and send it with €80.00 to the Stress Management Institute, 16 Harcourt St. Dublin 2. Tel: 01 4789 469.
Web links: www.stressmanagement.ie www.professionalthrapy.ie

NAME: _____ Email: _____

ADDRESS: _____

PHONE NO(s): _____

OCCUPATION: _____ ORGANISATION (where relevant) _____