



STILLING THE MIND:

“The Use of Mindfulness in Psychotherapy”

November 17th – 19th in Edmonton, AB
with Beth Falch-Nielsen, RCC, CHT

“Hakomi is an excellent system for learning key emotional intelligence skills.”
- Daniel Goleman, author of “Emotional Intelligence”

The Buddhist definition of Mindfulness is the ability to have an experience and notice it at the same time. By eliciting and using the "Mindful Witness" we can help clients study their inner world, both conscious and unconscious, with its rich landscape of images, beliefs, memories, body sensations and emotions. The unconscious is like a child hiding, just waiting to be found. Mindfulness is a doorway to the unconscious.

In Mindfulness, the mind can be like a calm pool of water. When we do therapeutic interventions, it is like dropping a pebble into that pool of water, creating ripples of emotions, thoughts, and body responses that can be studied and transformed.

Through the use of short talks, demonstrations, and experiential exercises from the Hakomi Method of Body-Centered Psychotherapy, Beth will present both theory and clinical skills that can be used immediately with clients. This workshop will also show you a doorway into your own personal inner world.

Beth Falch-Nielsen, RCC, CHT

Beth is a Registered Clinical Counsellor and Certified Hakomi Therapist and Trainer. She has 30 years experience as a therapist, and group facilitator. Currently, Beth sees private practice clients in Alberta and BC and teaches Hakomi internationally.

For more information or to register please contact
Diane Priebe, M.Ed., R.Psych.,
(780) 421-1747 or Email: diane.priebe@shaw.ca
#206, 9940 – 106 St. Edmonton, AB T5K 2N2

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(This workshop is recognized as a pre-requisite for the Hakomi Training)

TIMES

Friday, Nov 17th, 1:00 - 5:00 p.m.

Saturday, Nov 18th, 9:00 - 5:00 p.m.

Sunday, Nov 19th, 9:00 - 1:00 p.m.

INVESTMENT

“Early Bird Special” by November 1/06

\$250.00 + gst = \$265.00

“Regular Fee” \$275 + gst = \$291.50

Armstrongs' Counselling Services, 10027 - 166 St. Edmonton

For more information or to register, contact Diane Priebe
(780) 421-1747 #206, 9940 - 106 St. Edmonton, AB T5K 2N2

Please make cheques payable to Diane Priebe

WORKSHOP REGISTRATION FORM

Refund Policy: No refunds after Nov 3rd, 2006. Refunds prior to Nov 3rd are subject to a \$50 admin fee.

Name _____(Please print)

Address _____

City _____ Province: _____ Postal Code _____

Home phone (____) _____ Work phone (____) _____ Cell (____) _____

Email: _____

How did you hear about this workshop? _____
