

SPECIALIST MINDFULNESS- BASED TEACHER TRAINING

*MINDFULNESS FOR PEOPLE
WITH CANCER*



11-14 September 2018, Maastricht
Language: English

This is a unique opportunity to explore mindfulness-based approaches for people with cancer. The 4 day teacher training will be framed around the specific programme of Mindfulness-Based Cognitive Therapy for Cancer (MBCT-Ca) which has now been taught to people with cancer (at all stages) for over 15 years. You will have the valuable opportunity to come together and learn alongside others in the field to explore the rewards and challenges of working with this population.

Key areas of learning include - brief accessible practices; a focus on the wisdom of the body; connecting to the common humanity within the group; special adaptations for people with cancer; and kindness in the face of uncertainty.

Would you like to join this course or do you want more information? Feel free to send us an email: info@seettrue.nl or check our website www.seettrue.nl



Trish Bartley

Trish published *Mindfulness-Based Cognitive Therapy for Cancer (2012)* as a programme handbook for teachers. Her recent book *Mindfulness: A Kindly Approach to Being with Cancer (2017)* is written for people with cancer themselves. She has been training people to teach MBPs for 15 years.



Franca Warmenhoven

Franca works as a researcher and medical teacher in the field of palliative care at Maastricht University and as a teacher and trainer with SeeTrue since 2007, where she co-developed several programs, including the 'mindfulness for elderly' program. She has taught numerous mindfulness courses, including the subject of mindfulness and cancer.

PARTICIPANTS
PERSPECTIVES

“The short practices were a revelation in power and simplicity”

“Probably the best course I've ever attended!”