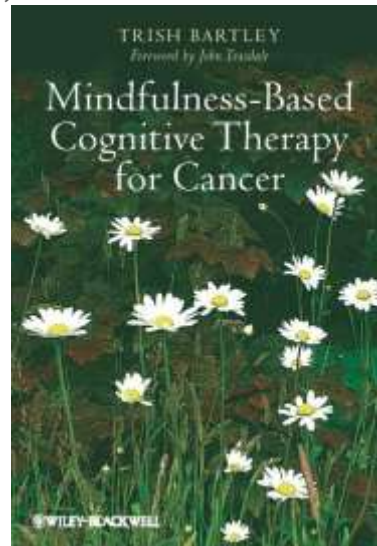




Mindfulness and Cancer Specialist Teacher Training

19th -23rd June 2017 at Trigonos, North Wales



Trish Bartley & Christina Shennan

This is a unique opportunity to immerse yourself in the distinctive approach of Mindfulness-Based Cognitive Therapy for Cancer (MBCT-Ca) - and come together with 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
- kindness in the face of uncertainty

For more information and booking:

<https://www.bangor.ac.uk/mindfulness/coursedesc.php.en?id=603>