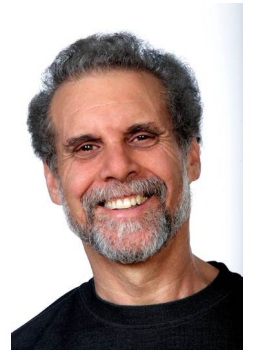


Mind whispering: a new map to emotional freedom



**Tara Bennett-Goleman
& Daniel Goleman**



**Tue 22nd & Wed 23rd Oct, 2013,
Kings Centre, Osney Mead, Oxford**

The presenters

Daniel Goleman is an internationally known psychologist. His 1995 book, *Emotional Intelligence*, was on The New York Times bestseller list for a year-and-a-half, with more than 5,000,000 copies in print worldwide. He has also written books on many other topics.

Tara Bennett-Goleman is a teacher and psychotherapist, and author of the NY Times best-seller *Emotional Alchemy*. She trained at the Cognitive Therapy Center of New York and was a pioneer in the integration of mindfulness with cognitive therapy.

The workshop

Day 1: We will introduce “modes”, originally proposed by Dr. Aaron Beck, and survey the mode spectrum: the maladaptive, where our dysfunctions rule; the adaptive zone where we are at our everyday best; and a spiritual spectrum of equanimity, compassion, and lightness of being. This innovative synthesis of Eastern and Western models extends the mode concept beyond the clinical sphere to everyday life and offers a new lens on transforming our emotional patterns and our everyday ways of being. Those who just want to understand this new map can attend Day 1 only.

Day 2: We explore mode dynamics, particularly the core beliefs or schemas (as proposed by Dr. Jeffrey Young) at the core of modes, the triggers that evoke them, and the mechanisms that allow for shifts. We will review a neurophysiological model of habit formation and change.

Mind Whispering integrates work from a wide range of fields, including cognitive therapy, Buddhist psychology, and “horse whispering”. We will review practical methods like re-perceiving, the mindful pause, empathic awareness, and positivity through meditative practices.

This workshop reviews paths to re-patterning habits of thinking, feeling, acting and interacting. Applying a mindful presence allows freeing of emotional habits such as unhealthy aversions and attachments, avoiding emotional connection, anxious relationship preoccupations, entitled control or passive surrender.

We will pay attention to the role of modes in relationships with romantic partners, at work and in the community. The mode model should be useful for coaches and consultants, as well as clinicians—or anyone—who seeks to keep abreast of new thinking in human development.

Prices & booking

You can attend Day 1 only (£135) or both Day 1 & Day 2 (£260).
All prices include lunch & refreshments

For more information or bookings, and the rest of our 2013 programme, see the OCTC website, contact as below, or fill in the booking form overleaf

Oxford Cognitive Therapy Centre
Warneford Hospital
Oxford
OX3 7JX

Phone: 01865 738 816
Fax: 01865 738 817
E-mail: octc@oxfordhealth.nhs.uk
Web: www.octc.co.uk

Booking form for 'Mind whispering'

Please complete the following in **BLOCK CAPITALS**

Name:

Address:

.....

.....

Postcode:

Tel no:

Email:

Dietary information for lunch:

Vegetarian Vegan Dairy-free Wheat/gluten-free Other.....

Fees

Day 1, 22 Oct, only (£135)

or

Both days, 22 & 23 Oct (£260)

Payment details

Please enclose a cheque to **Oxford Health NHS Foundation Trust** or provide an official purchase order and complete the details below if you require an invoice to be sent to your trust/organisation – *all* details below are necessary:

Full name of Trust / other organisation:

Authorising person's name:

Tel no: Fax no:

Email:

Invoice address:

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Postcode:

If invoicing an NHS Trust, we *must* have your NHS identification/provider code: