

Mindfulness Course

Dealing with stress and negative emotions



KÜHLER & TROOSTER
Exclusive services

Starting date: September 17, 2019

To be mindful means: to be completely aware of your current experience. To be mindful means to be able to focus on the present and open to whatever is there at that moment. Mindfulness is a skill, and just like any other skill, it requires training.

By developing the skills for mindfulness you will notice signs of stress earlier and you will be better able to deal with negative thought patterns. You can concentrate better and relax more easily. The mind becomes calmer. There is a higher level of awareness and you can better guard your boundaries. With mindfulness you live more intensely and consciously.

Mindfulness teaches you how to focus on the present and therefore experience less distress from negative thoughts and emotions. It has proven to be effective for people with a wide range of psychological problems and can generally help to improve the quality of life. As Jon Kabat-Zinn, the founder of the mindfulness training, has said:

“You can't stop the waves, but you can learn how to surf”

What is the course about?

In this mindfulness course you will learn how to focus on the here-and-now and cope with negative thoughts and emotions. During the sessions we will practice with different mindfulness exercises and discuss them as a group. You will also be expected to practice at home through audio material and exercises that will be distributed during the course.

For who?

Mindfulness is a scientifically proven effective method for people with a wide variety of psychological problems, such as stress, anxiety and depression. The program is suitable for everyone, no matter what age or background, with a basic understanding of English.

When & where?

The mindfulness course will take up 8 sessions in September, October and November 2019, on Tuesday evenings 5:00–7:00 PM. The data of the sessions are:

September 17, 24

October 1, 8, 15, 29

November 5, 12

(min. 4, max. 6 participants)

Location: Koningslaan 35, Amsterdam

About the trainer

Jorien van Andel is a licensed mindfulness trainer since 2012. She is trained at the institute See True Mindfulness. After moving to New Delhi in 2014, she noticed how many people were affected by the stress of living abroad. During her stay in India, Jorien has offered 15 mindfulness courses in different groups. Since 2017 she lives in Amsterdam and works as a psychologist at Kühler & Trooster International Mental Health.

Fee

The costs of the complete course, including all materials and coffee/tea, will be 695 euro (incl. VAT).

Contact details

For more information or to sign up, please send an e-mail to info@internationalmentalhealth.nl or call 085-0660500.



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