



MRE Level 1, Part 1: Introduction to Trauma Sensitive Mindfulness and MRE Conversion Course

Online Sessions

Overview

This 6 week online training course offers an experiential introduction to Mindful Resilience Enhancement (MRE), a trauma sensitive approach for therapists to safely and confidently teach mindfulness to most individuals and groups. Around experiential practices (essentially a compressed version of an MRE course), you will learn the theoretical framework that underpins teaching mindfulness to most people, including those who have experienced trauma.

Dates (Monday Evenings via Zoom 6:30pm-9pm)

May 9th, 23rd, 30th and 13th & 20th June 2022

Suitable for

Students, trainees, professionals and practitioners working in health, educational, social and complementary contexts

Facilitators

Tim Duerden & Annette Dunn

Fee

£195

Register

<https://mrepart1.eventbrite.co.uk>

Online
Sessions

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