

To reserve a place on: Mindfulness and Psychological Healing

Please return your completed booking form (overleaf) to ensure your place to:

Beth Harper
The Mirfield Centre
College of the Resurrection
Stocks Bank Road
Mirfield
WF14 0BW

Tel: 01924 481920
Email: bharper@mirfield.org.uk

Bookings must be accompanied by payment.

Please make cheques payable to:

The Mirfield Centre.

You may also pay over the phone using a credit or debit card. Please book by Friday 5th May.

Please feel free to photocopy this form as many times as you wish and distribute it to friends and colleagues.

We look forward to welcoming you to The Mirfield Centre.

Please note: If you would like a paper receipt for your booking, please **enclose a stamped addressed envelope**. If you provide an email address we will confirm your booking on receipt. We will contact you approximately one week before the event, when you will receive a reminder of the date and time, as well as any other relevant information.

About the course leader:



Dr Frank Wills has been a psychological therapist since the early 1970s and has written a number of books and chapters, most recently *Skills in Cognitive Behaviour Therapy* (Sage, 2015) and *Cognitive Behavioural Communication Skills*, a chapter in *The Handbook of Communication Skills*, 3rd

Edition (Routledge, In Press). He has recently trained as a Spiritual Director.



Canon Wendy Wilby has served in a variety of parishes and chaplaincy, before joining the Chapter at Bristol Cathedral as Precentor. During her early ministerial years, she undertook training with Westminster Pastoral

Foundation in order to sustain and support her work. More recently, she has become a Myers-Briggs qualified practitioner as well as completing the York Mindfulness Based Stress Reduction course. In retirement, she lives in a Windmill with her husband, Phil, and enjoys nurturing her increasing flock of chickens and growing endless vegetables in between serving at Ripon Cathedral when required.



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Mindfulness and Psychological Healing

A Christian Perspective



Saturday 13th May 2017

Led by

**Dr Frank Wills and
Canon Wendy Wilby**

£20.00 (including lunch and refreshments)

10.00am-3.30pm

About the Day

The course leaders have been exploring the links between spirituality, meditation and psychological healing for some years. In recent times, mindfulness has proved a useful bridging concept between these different areas.



The workshop will use discussion and experiential exercises to explore how 'looking at our experiences from a different place' can help to detoxify problems such as anxiety, worry and stress and how religious communities in particular might incorporate such strategies into efforts to develop 'healthy churches'.

Programme

- 10.00am **Welcome**
- 10.05am **The Birds of the Air – using anxiety and worry to good effect.**
Exploring the way that the mind locks onto the negative thoughts that go with anxiety and worry, and then practice ways of 'de-catastrophising' them and functioning flexibly in their presence.
- 11.00am Refreshment break
- 11.20am **Lectio Divina:**
a mindful reading of Matthew, 6: 26-34.
- 12.10pm **Eucharist**
- 1.00pm **Lunch**
- 1.45pm **Don't let the sun go down on your anger (Ephesians 4.26):**
Dealing with anger and the anxiety that may be therein'. Emotions often 'move and jump' and 'turn into something else'. People who are anxious about things may suddenly get angry with someone who seems to bring those things closer.
- 2.30pm **The Sacrament of the Present Moment:**
Developing the capacity to be in the present moment together as Christian communities.
- 3.25pm Closing prayers and departure

Booking Form

Mindfulness and Psychological Healing

I wish to book place(s) Fee £20.00

Name:.....

(Mr/Mrs/Miss/Revd/Dr/other)

Address:.....

.....Post Code.....

Tel. No:.....

Email:.....

We cater for most dietary requirements, please indicate below if required

.....

If you have any medical or access requirements we need to be made aware of please indicate below:

.....

I am a Reader/Lay Pastoral Minister in the Ripon/Leeds/Huddersfield/Wakefield/Bradford Episcopal area (delete as appropriate)

My church denomination is

.....

I found out about this event from

.....

May we contact you about future events?.....Y/N

(If this will be your first time coming to a Mirfield Centre event, please tick)