



Mindful Caribbean Agency

MINDFUL CHANGE

MCA is a partnership of psychologists. We are specialized in bringing a 'Mindful Change



Mindfulness:

'being able to bring direct, open-hearted awareness to what you are doing while you are doing it;

being able to tune in to what is going on in your mind and body and in the outside world, moment by moment'

Other Services

*** 8 week advanced MBCT Mindfulness course or the Compassion course**

MCA invites you to your continuing life changing journey, while exploring the step by step follow up programs. These programs guide you on a deeper level to connect to cultivate mindfulness in your life.

*** Mindful day retreat**

A Mindfulness Day Retreat is a silent day of mindfulness practice, with guided teaching throughout. The program is now also offered online. A full day of practice offers the time and space to deepen this self-inquiry and notice recurring patterns of mind. It is a valuable source of support and revitalisation in an on-going mindfulness practice, or if you are looking to begin again after a hiatus.

INFORMATION



8 WEEK ONLINE PROGRAM TOWARDS A DIFFERENT MINDSET



Now for only \$190

Presented by:



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INTRODUCTION MCA TEAM

With a combined more than sixty years experience MCA's registered mental healthcare professionals are able to offer you guidance and support to reach your Mindful change. Our team combine their years of experience with the class 1 diploma of MBCT-Mindfulness training.

Our team consists off:

Miranda Veltman

Carmencita Chemont

Alexandra van Luijken



CONTACT INFORMATION

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A Brief History

In the late 1970s, Jon Kabat-Zinn's pioneering research found remarkable effects of mindfulness on chronic pain and stress.

Early in the 1990s, psychologists John Teasdale and Mark Williams (United Kingdom) and Zindel Segal (Canada) reasoned that mindfulness training could have powerful effects in preventing relapse in recurrent depression. On the strength of these ideas, they created the 8 week Mindfulness program and began to research its effectiveness. Over the past 20 years, they and others have continued this research. As a result, mindfulness has become part of mainstream evidence-based psychological treatments.

Mindfulness can build resilience that can help people suffering from a wide range of emotional problems like anxiety, depression and somatic problems.

Information course

The Mindfulness course is an 8-week group training combining meditation techniques with psycho-education to improve a person's capacity to manage stress, reduce the impact of physical and psychological symptoms, and maximize the ability to thrive through all of life's circumstances.

The intervention consists of eight 2.5-hour online classes conducted once a week and a 9th session for a guided day retreat.

Participants will be asked to complete 30 to 45 minutes of home practice and awareness exercises each day. Core practices include mindfulness exercises, observations and written assignments.

The core skills taught includes:

- understanding of attitudes, perceptions, and unhelpful thought patterns
 - understanding and adjusting one's reaction to stress
- recognizing pleasant and unpleasant emotions, thoughts, and sensations
 - using mindfulness in daily activities including communication
- focusing attention on internal states and sensations (such as awareness of the breath) and maintaining an open, nonjudgmental, self-monitoring attitude.