



# Wendy Bramham Therapy

Counselling, Psychotherapy & Complementary Health  
Newbury & Marlborough

[www.wendybramham.co.uk](http://www.wendybramham.co.uk)

## Meditation as a Therapeutic Strategy Dr William Bloom

(one of Britain's leading authors and educators on holistic wellbeing and modern spirituality)

Friday, 11<sup>th</sup> November 2016 - 10 am to 4.30 pm - Thatcham, Berkshire

### Introduction

This workshop will be an oasis for therapists, healthcare workers and caregivers to explore and experience how meditation can be used and enabled in a therapeutic situation.

The day will include:

- Physical health benefits
- Psychological benefits
- Underlying science of psycho-neuro-endocrinology
- Relaxation and stress control
- Use of breath, visualisation, body awareness
- Connection and community
- Meaning and identity
- Benefits of meditative relationship with nature and landscape
- Mindfulness, Vipassana, Zen, Inner Dialogue, Self-As-Therapist
- A person-centred approach to supporting clients and service-users



William Bloom

The seminar will be interactive as well as theoretical, and will include a strong element of experiential learning, enabling you to teach your clients the health and wellbeing benefits of meditation and mindfulness.

### Biography - William Bloom (back by popular demand!)

William has worked for many years in the field of meditation and wellbeing. His books include *The Endorphin Effect*, *Meditation in a Changing World*, and *The Power of Modern Spirituality*. He is one of the UK's leading educators and authors on wellbeing, holistic health and spirituality, and is considered an expert on meditation. He is founder of the Spiritual Companions Trust which trains people in a holistic approach to personal development and pastoral care. [www.williambloom.com](http://www.williambloom.com) [www.spiritualcompanions.org](http://www.spiritualcompanions.org)

*“Warm, relaxed, honest” “Excellent, very engaging and passionate” “I did a 10 week course in mindfulness recently but learned more today in just one day!”* - participants' feedback about William Bloom from a previous workshop held at Wendy Bramham Therapy in 2014.

This seminar will be open to all therapists, health professionals and anyone interested in learning about this subject for themselves. Numbers strictly limited so early booking is advisable.

“Early bird” price before 30<sup>th</sup> September 2016: £90, or after: £105. Does not include lunch.

Venue: Thatcham Baptist Church hall Wheelers Green Way, Thatcham, West Berkshire RG19 4YF

Online bookings and payment now available at our website, plus full seminar programme:

[www.wendybramham.co.uk](http://www.wendybramham.co.uk) (seminars tab)

Contact: [seminars@wendybramham.co.uk](mailto:seminars@wendybramham.co.uk) or phone 07464 783446

