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6 Week Contemporary Mindfulness Course Outline

This 6 week level 1 course offers a depth understanding of contemporary mindfulness and it's much researched use of core mindfulness skills and their practical application. Each class will include an explanation with relevant research, experiential exercises, group reflection and practical "homework".
Booklet and guided practice audio files included with course.

Week 1 - Focus = Calm

Mindfulness and it's benefits. Understanding the brain.
Developing calm through focused attention.
Skill: 1 pointed focus/body scan

Week 2 - The Present: Being vs Doing

Present centered awareness. The parasympathetic NOW.
Parasympathetic vs sympathetic responses & impact on stress
Skill: Mindfulness of senses/eating

Week 3 - Interrupting Habits: Autopilot vs Awareness

Stress cycle & understanding emotions/thought triggers.
Managing moods & feelings mindfully
Skill: Mindfulness of moods/feelings

Week 4 - Distress & Equanimity

Maladaptive coping and reactivity
From triggers to tolerance.
Skill: Mindfulness of aversion

Week 5 - Acceptance

Re regulation; self soothing & empathy
Mirroring & mindfulness.
Skill: Metta

Week 6 - Living Mindfully

Formal & informal practice. Practical application of mindfulness in various contexts in our daily lives.