

TWO MINDS ARE BETTER THAN ONE : RELATIONAL MINDFULNESS

- Sue Parker Hall



onlineevents
Learning Together Online

Resource Guide

About Sue Parker Hall

I am a Relational Transactional Analyst and 'passionately committed to practising, researching and teaching philosophy and methods that recognise a real human relationship as the crucible and the vehicle for positive change'.

Author of 'Anger, Rage & Relationship: An Empathic Approach to Anger Management(2008, Routledge) and free lance trainer and retreat facilitator in the issues of Anger, Rage and Shame.

www.empathic-anger-management.co.uk



Sue Parker Hall



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Event Details

Neuroscience research findings have consistently shown how brain integration is a relational process and how the mind is embodied but also embedded in our connection with others. This event explores what Relational Mindfulness (RM) is and how it is developed organically within an empathic, compassionate and real relationship.

RM will be compared with some psychology paradigm Mindfulness practices and some research findings on the shadow side of psychology paradigm Mindfulness practices, sometimes called 'McMindfulness' will be presented.



Anger & Rage Personal Therapy Retreat (for counsellors & psychotherapists only)

Friday, 28 Oct - Sunday, 30 Oct 2016

Cost is £550

'We can't take a client where we haven't been ourselves'

This is a well known psychotherapy and counselling maxim which can easily be applied to anger and rage issues.

This is an exciting opportunity to explore your own anger and rage issues in a safe and supportive environment

- to understand your own anger and rage better
- to be more comfortable with your anger
- to process some of your hot or cold rage

With an anger and rage specialist of almost twenty years experience; Sue Parker Hall (Certified Transactional Analyst, MBACP Snr Accred, MSc, PGCE, Adv Dip Couns). Author of 'Anger, Rage & Relationship (Routledge, 2008)



**CLICK HERE
TO REGISTER**

Upcoming Events & Training

Anger, Rage & Relationship (Manchester)

FRI 22 JUL AT 09:30, PICCADILLY GARDENS

The Link Between Rage & Shame (Manchester)

SUN 24 JUL AT 09:30, MANCHESTER

Relational Mindfulness (Birmingham) 1 day CPD

SAT 1 OCT AT 09:30, SUTTON COLDFIELD

Relational Mindfulness (Manchester) 1 day CPD

SUN 2 OCT AT 09:30, MANCHESTER

Anger, Rage & Relationship (Cornwall)

SAT 15 OCT AT 09:30, FALMOUTH

[CLICK HERE FOR MORE INFO & REGISTRATION](#)

Upcoming Events & Training

The Link Between Rage & Shame (Cornwall) 1 day CPD event

SAT 5 NOV AT 09:30

Relational Mindfulness (Cornwall) 1 day CPD

SUN 6 NOV AT 09:30

Anger, Rage & Relationship (London)

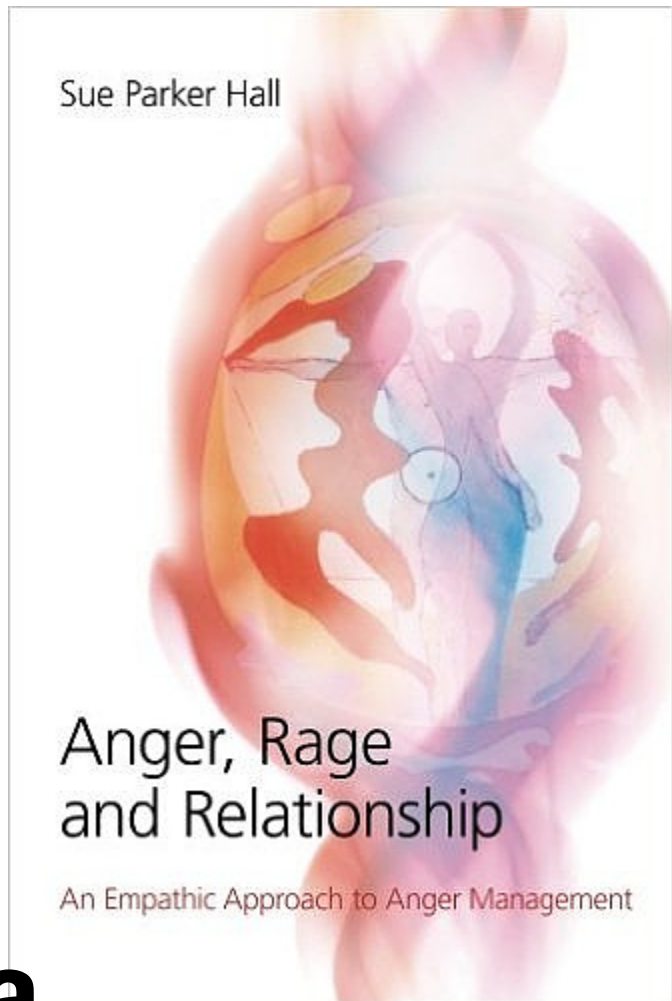
FRI 25 NOV AT 09:30, LONDON

The Link between Rage & Shame (London)

SUN 27 NOV AT 09:30, LONDON

[CLICK HERE FOR MORE INFO & REGISTRATION](#)

Sue's Book



MORE DETAILS HERE

Anger, Rage and Relationship

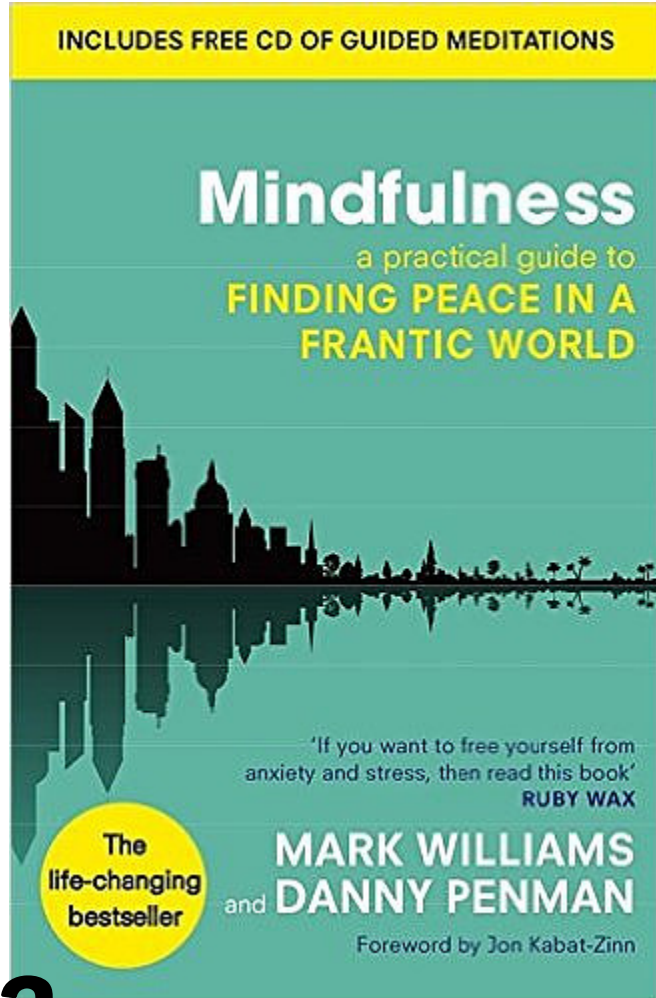
Anger, Rage and Relationship presents a radically new way to understand and work with anger and rage issues. Taking a relational approach to anger and rage, the book presents a positive view of human nature, supported by recent research findings and illustrated with case studies, with individuals trusted to be essentially pro-social.

Rather than promoting strategies and techniques for eradicating anger, Sue Parker Hall, puts forward an approach which seeks to not only work with, but to differentiate between, anger and rage. Anger and rage are constructed as entirely different phenomena, originating at different developmental stages, having different functions and relational needs and requiring different aspects of relationship in the therapeutic process.

Further areas of discussion include:

- the positive aspects of anger
- practitioner protection
- the therapeutic implications of working with both anger and rage

This book will provide invaluable reading for practitioners dealing with anger and rage in the therapeutic setting, as well as being of great interest to all counsellors and therapists in the related field.



Mindfulness: A practical guide to finding peace in a frantic world

MINDFULNESS reveals a set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of unhappiness, stress, anxiety and mental exhaustion and promote genuine joie de vivre. It's the kind of happiness that gets into your bones. It seeps into everything you do and helps you meet the worst that life can throw at you with new courage. The book is based on Mindfulness-Based Cognitive Therapy (MBCT). MBCT revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed.

MBCT has been clinically proven to be at least as effective as drugs for depression and it is recommended by the UK's National Institute of Clinical Excellence - in other words, it works. More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world. MINDFULNESS focuses on promoting joy and peace rather than banishing unhappiness. It's precisely focused to help ordinary people boost their happiness and confidence levels whilst also reducing anxiety, stress and irritability.

NOTE:CD is in a plastic wallet inside the back cover

[MORE DETAILS HERE](#)

Contact Sue



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