

The Transactional Analysis Association of Finland FinTA ry arranges in cooperation with



Mindfulness, TA and the Brain - workshop in Helsinki

20.9.2014 Saturday at 12.00 – 16.00 pm.

Mindfulness is now widely used in mental health, organizational and educational settings. Furthermore, an increasing body of research suggests that mindfulness not just impacts on psychological health but the very structure of our brains. At the same time TA continues to be a valued approach in all of these settings. This workshop seeks to explain mindfulness, and look at some of the research regarding its impact on psychological health and brain development. It will then look at how it may relate to TA and what a Mindfulness Based approach to TA might offer.



The trainer in the workshop is

Mark Head MSc (TA Psych) CTA (P) UKCP Reg. Psychotherapist, TSTA (P), trainer, supervisor, and mindfulness trainer.

Mark is a Director of the Link Centre www.thelinkcentre.co.uk, a training centre based in Sussex , in the South East of the UK, that offers courses in personal and professional development as well as longer term courses in Counselling and Psychotherapy.

Mark's core focus is about helping people to develop self-awareness to achieve quality in their lives and in their relationships.

Place: Kalliolan Avohoitoyksikkö, Elimäenkatu 29 A, 2. krs, Helsinki

Fee (1/2 day, at 12.00 – 16.00 pm):

150 € / FinTA members 130 € / unemployed, retired, students 120 €.

Registration as soon as possible, at the latest 28.8.2014.

Registration: Pirkko Andersson pirkko.a@dnainternet.net

Enquiries: Ritva Piironen p. [050-5623080](tel:050-5623080), ritva.piironen@terapiaryhma.fi

www.finta.net

WELCOME!