



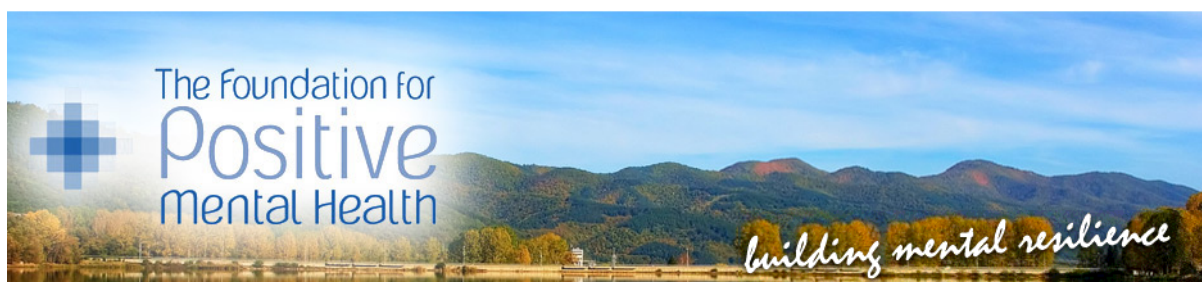
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Dear Friends and Colleagues,

Spring is very close and it's a good time to update you on recent developments.

New Workshop Dates

Edinburgh: Leith -Afternoon workshop -session 1 and 2; 22nd April & 10th June 2015
1.30 – 5 pm

Edinburgh: Grassmarket- Full day workshop in historic Grassmarket; 3rd June 2015:
10 am – 5 pm

London: Afternoon workshop - 2nd May 2015 - As part of RCGP London conference - details coming soon. Save the date! Contact sarah.wright@rcgp.org.uk for registration details.

We are also training ST3s in **Manchester on 18th of March** (all day), contact avril.danczak@btinternet.com for details.

A follow up workshop in **Northampton** has been arranged for **24th March** (evening), and a new session 1 is being arranged. Contact us to book your place.

See <http://www.foundationforpositivementalhealth.com/dates/> to **book your place**:

Workshops that are held in Edinburgh are free to employees of Edinburgh CHP, if you are outside this area a charge applies. See website or contact us for details.

New Recordings

We have recently added a **3 minute mindfulness track** on the Foundation homepage, access is free through the soundcloud. Find it on the left hand column. It has been well received, and other mindful tracks will follow. Mindfulness shares much in common with our programme, we surmised from our research with McGill that there is a strong element of self compassion in the programme, which the Buddha recognised as the key to compassion for others. Our programme is also strongly influenced by Thich Nhat Hahn, both Sheila and I have attended week long retreats (myself in St

Andrews – Sheila in Bordeaux) and found ourselves uplifted by the experience, and on reflection this changed our practice. Our second track of Positive Mental Training (free on our website, second track down in left hand column) has a number of his ideas in it. He is particularly strong on reappraisal (called ‘dealing with wrong perceptions’)

New Mp3/CD 4 Positive Mental Training

We have produced a new download – called **Extended Positive Mental Training**, CD 4 Positive Mental Training (although its only available as an mp3). Those who have tested it have found it very effective. Like the other CDs it has 4 tracks, and it can be downloaded. If you would like to have this - drop us a line,

New App

An exciting new development – our **Feeling Good App**. Contains all the Positive Mental Training tracks and will be available soon in googleplay and iphone app stores - currently in testing.

*Thank you for all your support
Alastair & Sheila*

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