**Booking Form and Information**

**Cost:** Participants will be supplied with all handouts and copies of a mindfulness CD to begin their own practice. The cost of this programme will be £80, payable by personal cheque or BACs transfer (details given below). A simple lunch will be provided, alternatively lunch can be brought with you or purchased in Mold. Tea and coffee will be supplied at registration and in the morning and afternoon breaks.

**Reading List Recommendations:**

**Book:** Harris, R. (2008) The Happiness Trap. Robinson

**Article:**

<http://www.actmindfully.com.au/upimages/Dr_Russ_Harris_-_A_Non-technical_Overview_of_ACT.pdf>

**Registration Form**

**Introduction or / and Advanced Acceptance and Commitment Therapy (ACT) experiential workshop**

Tuesday 29th November – Introduction

Wednesday 30th November - Advanced

|  |
| --- |
| **Title First Name Surname**  |
| **Address** |
| **Phone Number (day & evening) E-mail** |
| **Where did you find out about us?** |
| **Please supply details of any particular mobility or other requirements that you would like us to know about.** |
|  **I enclose a cheque I have paid by BACS** |
| **Signature Date**  |

Full payment (£80) is required before the start of the course.

Payment can be made by:

* cheque: please enclose this with your registration form
* BACS transfer:

Barclays Bank: Sort code: 20-25-69

Account No: 23919595

Account name: Mindscape Psychology Ltd

Company No. 9814958

* Invoice: for trusts and universities. For details please email enquiries@mindscapepsychology.com

Once you have completed your registration form please send to:

enquiries@mindscapepsychology.com

or by post to: Mindscape Psychology, 51 High Street, Mold, Flintshire CH7 1BQ