

RELATE CAMBRIDGE IS TRAINING THEIR RELATIONSHIP COUNSELLORS TO WORK WITH MINDFULNESS

Relate Cambridge is delighted to announce that they are launching a new training programme for their counsellors, beginning with a session on Mindfulness, which will take place at the end of May.

Mindfulness is described as the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment.

Jon Kabat Zinn

These three principles give further detail about what Mindfulness is:

- Learning to be content with who you are by being aware of and focussed on the present moment
- Being non-judgemental and kind to yourself and others so that thoughts and behaviours that interfere with your wellbeing are reduced
- Using mindfulness to enhance resilience in life and effectiveness in relationships

Bev Morris, who is delivering the session to Relate practitioners on how to use Mindfulness in Counselling, believes that mindfulness is a valuable tool for both practitioners and clients. She thinks it helps people to strengthen their relationships by being non-judgemental, more relaxed and kinder, to themselves and other people, rather than worrying about things they cannot change in the past or the future. Using mindfulness can reduce tension and stress whilst increasing focus in relationships.

Details of the CPD programme can be found on the Relate Cambridge website or click [here](#) for more information

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For all media enquiries contact Elaine Taylor on **01302 347712**
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Relate Cambridge – supporting relationships at every stage of your life

Notes to editors:

- Relate Cambridge celebrated its 70th birthday in 2015.
- Relate champions the importance of strong and healthy relationships as the basis of a thriving society.
- Personal and social relationships are important in our everyday lives and are central to our wellbeing.
- Relationships are under increasing pressure - breakdown costs the UK economy £46 billion each year according to the Relationships Foundation.
- Over a million people every year access information, support and counselling from Relate but its clear many more would benefit from Relate services.
- Relate's services extend beyond relationship counselling to family counselling, counselling for young people, sex therapy and informal courses and workshops and are offered through a network of 1,700 counsellors across the country.
- For more information and advice visit: www.relate.org.uk.