

Joint PG Advanced Diploma in Mindfulness and Presence Oriented Psychotherapy: Integrating Compassion and Wisdom (a Non-Dual Approach) between Just Being Center for Mindfulness and Presence and Tata Institute of Social Sciences

Applications Open

Date and Time: August 17, 2022 – March 10, 2024*

*Pre- Program Mindfulness Practice begins June 20th, 2022

Venue: The Program is offered in two formats:

1. Join in a fully online format
2. Join in a hybrid format- both in-person and/or online format

In person classes will be held at Just Being Center for Mindfulness and Presence, Pune

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About Tata Institute of Social Sciences (TISS)

The TISS is a multi-campus public funded research university in Mumbai, India. TISS is Asia's oldest institute for professional social work education and was founded in 1936 in then Bombay Presidency of British India as the Sir Dorabji Tata Graduate School of Social Work by the Sir Dorabji Tata Trust. In 1944, the institute was officially renamed as the Tata Institute of Social Sciences and in 1964, the Government of India declared TISS as Deemed university under Section 3 of the University Grants Commission Act (UGC), 1956.

About Centre for Lifelong Learning (CLL)

The CLL is an Independent Centre at the Tata Institute of Social Sciences, Mumbai. Centre for Lifelong Learning was established in 1981 as the Department of Extra Mural Studies and was renamed in 2006.

The CLL offers a vibrant learning environment for learners of all ages ranging from 18 to 81 years. It is supported by its own faculty, as also from other Schools and Centres of the Institute and visiting faculty from across the best institutions in the country. Some of the significant adult learning programmes include Certificate, Diploma and Post Graduate Diploma in Counselling Skills, Diploma in Gerontology, ODL Diploma in Youth Leadership and Social Change & Diploma in Dance Movement Therapy and Certificate Programmes in Geriatric Care and in Oncological Care Giving. The diploma program is associated with the Centre for Lifelong Learning.

About Just Being Center for Mindfulness and Presence

Just Being Center for Mindfulness and Presence is an organization based in Pune that is engaged in Mindfulness and Presence oriented work for individuals, groups, families, schools, social and corporate organizations. The vision is that every individual, community and organization have access to an inherent deep and always available reservoir of wisdom and compassion and live in alignment with a deeper essence. Awareness, Compassion and Wisdom are both the field as well as the tools. JBC MP envisions people, relationships, education, businesses and all aspects of human life to be deeply rooted in 'being'.

Just Being Center for Mindfulness and Presence offers Mindfulness and Presence oriented approaches to the community. One key area is in offering cutting edge trainings merging contemporary psychology and wisdom approaches to mental health professionals such as psychotherapists, counsellors and others in the field of mental health as well as empower deep listening spaces in the community.

What is Mindfulness and Presence Oriented Psychotherapy?

Mindfulness and Presence Oriented Psychotherapy constitutes a training in orientation - an orientation to Presence or 'beingness'. It also equips therapists with the required skills and attitude to deeply listen that allow for deeper healing forces to emerge in psychotherapeutic contact. It is a phenomenological approach that facilitates the client's movement towards a felt sense of wholeness.

This is a very alive and fluid process, deeply listening and following a moment to moment unfolding where therapist and client work closely together, in an embodied way, in an atmosphere of safety and trust.

What the training entails?

The therapist is equipped with background knowledge drawing from interpersonal neurobiology, neuroscience, attachment theory, somatic and energy psychology, trauma resolution principles and mindfulness based

cognitive behavioural work. Key principles from Buddhist Psychology informs the work and relevant exposition to other wisdom traditions supports an understanding of a sense of Self. Besides verbal contact, other modalities such as art and movement are also used to facilitate a non-conceptual intuitive knowing and 'sensing' that guides the process of therapy.

The course is also a training in formal mindfulness practices that enables a natural flow of compassion and wisdom. It equips therapists to imbibe an attitude of openness, non-judgement, kindness, curiosity and 'not knowing'. There is an exposition to key principles that marks mindfulness based approaches in therapy.

The inner work of the therapist is emphasized as the ground on which therapeutic contact is established and deepened. Hence an ongoing mindfulness and meditation practice and attending retreats is part of the course as well as engaging in one's own psychological work from a Presence perspective.

It also equips the therapist with the necessary skills to engage and allow for the client's inherent sense of wisdom to emerge in a moment to moment process.

The course also encourages participants to take the learnings of the course and apply it to their area of interest and expertise with the populations they work with. In the second year, participants engage in research where the methodologies of research and writing are in line with the principles of Mindfulness and Presence.

Course Design:

The Mindfulness and Presence Oriented Psychotherapy course is a systematic and sensitively designed course to have an inner experience of Mindfulness and Presence drawing both from wisdom traditions as well as evidence based approaches in psychology and its application in one on one and group work. There is exposition to a number of approaches in Psychology with a Mindfulness and Presence orientation such as the Focusing methodology, Internal Family Systems, Mindfulness Based Interventions, Interpersonal Neurobiology, Attachment work, Somatic Approaches that include the subtle body, Polyvagal Theory and trauma sensitive therapy and Non-Dual Approaches in Psychology.

Each module sets the base for a deepening into the following principles and bringing this in the therapeutic space.

- Intention
- Attention
- Attunement
- Resonance
- Wholeness

There is a rich exposition to many contemporary methodologies in psychotherapy that highlight these principles. As a unique approach it has been developed and designed by Sandy Dias Andrade, a psychotherapist in Mindfulness and Presence oriented work. As an approach to psychotherapy it brings about the inherent capacity of therapist and client to align and attune with a deeper wisdom and a fuller and more true nature of Self. The small group size facilitates individual mentoring and group learning.

Some important Course Requirements is as follows:

- 80% Class attendance. In case of an emergency, contact the coordinator to take remedial action.
- Mindfulness Training
- 60 Peer Sessions
- 60 Client Sessions
- 20 Personal Counselling Sessions
- 10 Individual Supervision Sessions
- Submission of Research Project

At the end of the course:

Students will receive a Joint PG Advanced Diploma certificate from Just Being Center for Mindfulness and Presence and Tata Institute of Social Sciences (TISS).

Course: 46 credits 960 hours

	HOURS / DURATION	ELIGIBILITY
Class hours	420 hours	1. Academic background in Psychology/ Social Work/Psychiatry at graduate/postgraduate level
Practicum & Field Work	540 hours	2. Practicing Counselors & therapists will be preferred

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Practicum & Field Work consists of:

- Online Reviews
- Assignments
- Book Reviews
- Personal counselling sessions
- Peer sessions
- Client sessions
- Research project
- Mindfulness Practice

Admissions open for Batch - 2022 to 2024

Calendar:

2022-2023 (Year 1)	2023-2024 (Year 2)
August 17 to 21, 2022 Module 1 (5 days in person/online) Additional online sessions and applied course work between modules * Pre- Program Mindfulness Practice begins June 20th, 2022	August 9-13, 2023 Module 5 (5 days in person/online) Additional online sessions and applied course work between modules
November 9 to 13, 2022 Module 2 (5 days in person/online) Additional online sessions and applied course work between modules	November 1-5, 2023 Module 6 (5 days in person/online) Additional online sessions and applied course work between modules
January 9-15, 2023 Module 3 (7 days in person/online) Additional online sessions and applied course work between modules	January 6-12, 2024 Module 7 (7 days in person/online) Additional online sessions and applied course work between modules

March 15-19, 2023	March 6-10, 2024
Module 4 (5 days in person/online)	Module 8 (5 days in person/online)
Additional online sessions and applied course work between modules	Additional online sessions and applied course work between modules
Total course hours = 480	Total course hours = 480

Who are the teachers of this course?

Lead Trainer

Sandy Dias Andrade:

Sandy Dias Andrade is a psychotherapist and the founder-director at Just Being. She is passionate about merging mainstream psychological processes with Mindfulness and Wisdom oriented approaches.

With over nineteen years of experience in the field, she has trained in a number of approaches. She is fully certified internationally in Mindfulness Based Cognitive Therapy (MBCT) www.accessmbct.com from the Center of Mindfulness, University of San Diego, California, USA. She has also received training in Acceptance Commitment Therapy (ACT).

She has trained extensively in Integral Somatic Psychology (ISP), Cognitive Therapy, Biodynamic Craniosacral Therapy (BCST). She is an accredited practitioner in Craniosacral Biodynamics by the International Institute of Craniosacral Balancing (IICSB), Switzerland.

She has also received training and Certification in Focusing Skills, a body oriented approach in Listening from the British Focusing Association (BFA). She also uses Integral Somatic Psychology (ISP) in her work with clients. She is also trained in trauma resolution approaches and has had exposure to attachment work. Her work is also informed by EMDR and Internal Family Systems (IFS).

She has vast experience in designing and executing trainings for mental health professionals, educationists and others. Her trainings are experiential and comprehensive. She contributes to Connecting, an NGO involved in suicide prevention, where she is a trustee, trainer, mentor and volunteer. She also contributes to many other social organizations and schools. She established Connecting's helpline service in Pune city and designed and co-developed Mindfulness Based Active Listening, a course for volunteers for providing listening support that now runs

independently.

She is invited as faculty to teach the applications of Mindfulness and Presence on many other courses as well.

Supporting Trainers:

Fiona Parr

Fiona Parr is a Focusing therapist based in the UK. She teaches aspects of the Focusing methodology in the first year as well as Thinking at the Edge as a process to contemplative inquiry in formulating a phenomenological approach to research in the second year.

She is a BFA recognised Mentor, a Focusing Institute Co-ordinator and a qualified teacher of adults (PGCE).

Bruce Stevenson

Bruce Stevenson is an integrative psychotherapist based in the UK. He teaches elements of Internal Family Systems (IFS) and the Inquiry process on the course.

He is a psychotherapist in the integrative section of the UKCP for over twenty years utilising Internal Family Systems as well as other effective therapies and techniques. He was a Buddhist monk for a number of years and has also trained with A.H. Almass in the Diamond Approach.

Patricia Meadows

Patricia Meadows teaches somatic approaches in trauma resolution as well as working with the subtle body and attachment oriented work on the course. She is a holistic nurse/counselor, trauma therapist, educator, teacher and facilitator of inner work. Before going into private integrative practice, she has over 30 years of experience in healthcare and mental health.

Currently in her integrative practice of over 15 years, she facilitates a process-oriented approach to healing, transforming and living authentically, which focuses on the whole person (body/mind/soul) and all elements of human experience.

Within this integral and holistic context, she also works as a trauma therapist with individuals who have experienced diverse forms of trauma (pre-and perinatal, attachment, relational, developmental, medical/surgical, emotional, physical, sexual, spiritual). She integrates Somatic Experiencing (SE) with extensive, specialized training/experience in: integral healing/process work; attachment work; prenatal and birth trauma therapy; biodynamic craniosacral therapy, energy healing; Authentic Movement; and spiritual work. Her work is deeply informed by long-term spiritual practice in the Diamond

Approach, spiritual inquiry and mediation. She is a teacher in the Diamond Approach.

She completed six years of doctoral studies in East/West Psychology at the California Institute of Integral Studies.

Dr Mahesh Deokar

Dr Mahesh Deokar takes a module on Buddhist philosophy and highlights the key principles of Buddhist philosophy that find relevance in the course. He is the head of the department of Pali at the University of Pune.

He is a well-known scholar and has published a number of papers on Buddhist philosophy and has actively promoted the learning of Buddhist Psychology and Psychotherapy at the University

Sujatha Nerurkar

Sujatha Nerurkar teaches movement through yin yoga on the course as well as pranayam and the subtle body consciousness. She is a well-established teacher in many different schools of yoga and is passionate about bringing Patanjali's yoga sutra's to a larger audience. She is in the process of developing a short term course with Just Being on Mindfulness through movement and yoga, based on the philosophy of the yoga sutras.

Rajyashree

Rajyashree is a contemporary movement artist and explores mindfulness through movement and deeper embodiment. Rajyashree has explored over many years the nuances of movement and engaging in a felt sense of movement and stillness in the body.

Course fee:

Rs. 77000 + 18% GST per year

This fee does not include:

- Personal counseling sessions
- Individual supervision sessions
- Cost of travel, stay, food if you are joining in-person

Eligibility Criteria:

1. Academic background in Psychology/Social Work/Psychiatry at graduate/postgraduate level
2. Practicing Counselors & therapists will be preferred

Who will benefit from this course?

Counsellors, Psychologists, Psychotherapists, Psychiatrists, Social Workers and others who work in the field of Mental Health.

Work and Employment:

1. A person trained to be a psychotherapist / counsellor can use this orientation along with any other modality they are trained in.
2. It also equips a counsellor or psychotherapist to use this specific approach of Presence Oriented Psychotherapy with clients. Those without the relevant background in psychology can apply it as Presence Oriented Therapeutic Processes.
3. It also facilitates the learning of Mindfulness and its facilitation for clients and groups.

To apply, contact

Email : justbeingcenter@gmail.com

Phone : +91-9011036828

Application Form: <https://forms.gle/LymUHywf3V6RtheRA>

- Post application submission, short-listed candidates will be invited for 1-1 interview.
- If you are selected into the programme, you will be requested to reserve your seat by paying a non-refundable deposit of Rs 15000/- within 2 weeks and remaining Year 1 fee payment by June 30th, 2022 along with completion of other formalities (document submission etc)
- Due to the nature of learning, we keep the group size limited to 24. Students from different parts of India and abroad apply for the course and the seat is secured for you. Hence, fee once paid is not refundable.