

JUST BEING
be still. know. love

ADVANCED TRAINING IN
**Presence Oriented
Psychotherapy™**

Integrating Mindfulness,
Compassion & Wisdom-
A Non-Dual Approach

2024-2026

offered by
**Just Being Center
for Mindfulness and Presence**

Register at www.justbeingcenter.com
For queries, justbeingcenter@gmail.com

A vibrant sunset scene with a bright sun low on the horizon, casting long rays of light across a sky filled with soft, colorful clouds. The sun is partially obscured by a cloud, creating a dramatic lens flare effect. The sky transitions from a deep orange near the horizon to a lighter, hazy pink and purple at the top. In the foreground, the dark, silhouetted outlines of rolling hills or mountains are visible against the bright sky.

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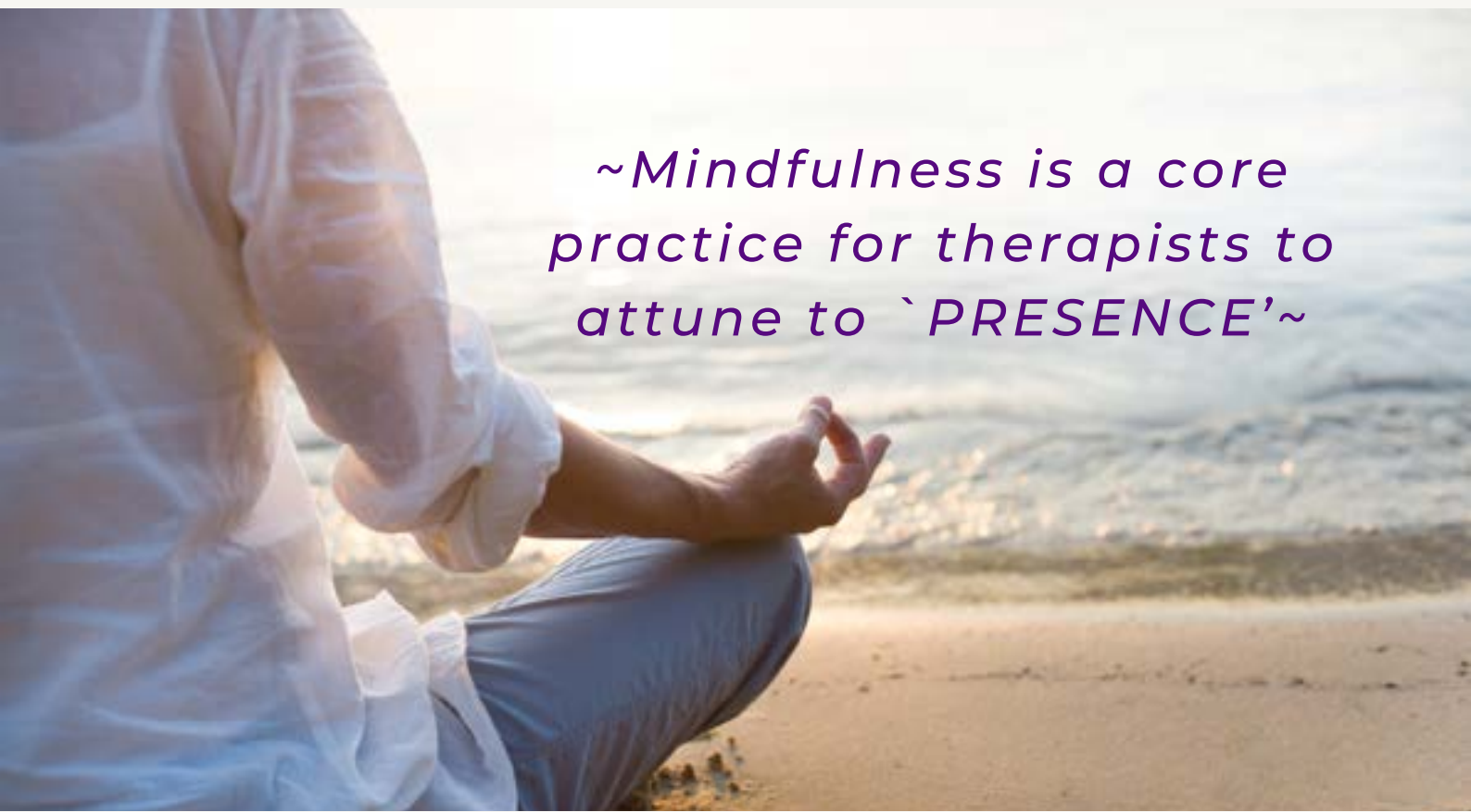
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WHAT IS PRESENCE ORIENTED PSYCHOTHERAPY™ ?

Presence Oriented Psychotherapy is a very alive and fluid process- deeply listening and following a moment to moment unfolding.

The therapist and client work closely in an embodied way, in an atmosphere of safety and trust. This allows for deeper healing forces to emerge in psychotherapeutic contact and facilitates the client's movement towards a felt sense of wholeness

As a unique approach to therapy, it has been developed and designed by Sandy Dias Andrade.



*~Mindfulness is a core
practice for therapists to
attune to `PRESENCE`~*

COURSE DESIGN

The Course constitutes a training in an orientation to Presence. It is designed to facilitate an inner experience of Mindfulness and Presence drawing from wisdom traditions and modern approaches in psychology. It equips therapists with the required skills and attitude to deeply listen.



Each module deepens into the following principles and how to bring them in the therapeutic space

Intention

Attention

Attunement

Resonance

Wholeness

The training explores experientially three vital ingredients of therapy to bring transformation:

The Therapist's Presence

The quality of Embodied Presence of the therapist

The Relational Space

The quality of Compassionate Presence in the therapeutic alliance

The Client's Self in Presence

The quality of inner listening that stimulates the Client's Self in Presence.

WHAT THE TRAINING ENTAILS

Knowledge Base

- Students gain knowledge of Interpersonal neurobiology, neuroscience, attachment theory, somatic & energy psychology, trauma resolution, and mindfulness-based cognitive-behavioral work.
- Exposition to foundational principles from Buddhist Psychology as well as from other wisdom traditions.
- Exposition to key principles of mindfulness-based approaches in therapy.

Mindfulness Training

- Students undergo training in formal mindfulness practices, that enable natural flow of compassion & wisdom.
- Students develop an attitude of openness, non-judgment, kindness, curiosity, & 'not knowing'.

Teaching Approach

- Besides verbal contact, training incorporates art & movement to facilitate non-conceptual intuitive knowing, guiding the therapy & learning process

Inner Work Emphasis

- Student's inner work is emphasized as the foundation for establishing & deepening therapeutic contact
- Integral components include mindfulness practice, retreats & personal psychological work

Practical Skills & Application

- Students develop skills to allow for the client's inherent sense of wisdom to emerge in a moment to moment process.
- Student's apply learnings to their field of interest/work via ongoing client sessions & an individual research project

COURSE MODULES

Mindfulness of the Therapist

Presence Orientation
Paradigm
Intention & Attention
Mindfulness
Self Care
Therapeutic Contact

Compassionate Presence

Impermanence
Attachment Theory &
Relational Space
Interpersonal Neurobiology
Self Compassion
Attunement & Resonance
Focusing Methodology

Retreat- I

Shamata & Vipassana
Practices of Brahmaviharas
Movement & Art-based
Practices
Practices from Yoga

Non-dual Wisdom in Psychotherapy

Individual Research Project & Presentation

Trauma Resolution & Mindfulness

Principles of Somatic
Psychology
Embodiment & Trauma
Research in Mindfulness
Methods of Inquiry

Subtle Body

Thinking at the Edge
Subtle Body in Psychology
Intuitive Awareness

Retreat - II

Compassion Practices
Open Awareness
Subtle Body Awareness
Movement & Art-based
Practices

Self as Presence

Neuroscience of Mindfulness
Non-Self & Wholeness
Spacious Awareness of
Thought, Feelings,
Sensations
Principles of IFS
Methods of Inquiry into Parts
& Self

DISTINGUISHED FACULTY

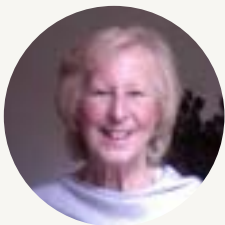
Lead Trainer & Designer

Sandy Dias Andrade

Trauma and Attachment Resolution Psychotherapist, primarily trained in Mindfulness based interventions like MBCT, ACT, BCST, Integral Somatic Psychotherapy, Focusing and is equipped with skills in cognitive, affective & somatic work.



Guest Faculty



Fiona Parr
(Focusing
Trainer)



Bruce Stevenson
(IFS Therapist)



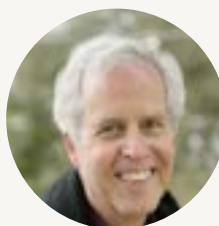
Prof. Mahesh Deokar
(Buddhist
Philosophy Scholar)



Patricia Meadows
(Attachment &
Trauma Therapist)



Amona Beuchler
(Focusing Trainer,
Feldenkrais
Practitioner)



John Prendergast
(Author, Deep
Heart as a Portal to
Presence)



COURSE DATES

The Program is offered in two formats:

- Join in a fully online format
- Join in a hybrid format- both in-person and/or online*

**Module 1 will be online for everyone*

Module 1- Aug 28- Sep 1, 2024

Module 2- Nov 20-24, 2024

Module 3- Jan 19-25, 2025

Module 4- Mar 19- 23, 2025

Module 5- June 25-29, 2025

Module 6- Sep 24-28, 2025

Module 7- Nov 16-22, 2025

Module 8- Feb 25 -Mar 1, 2026

Research Project Completion & Submission- Mar- Jul 2026

3- hour group supervision sessions once a month between modules.

Pre- Program Mindfulness Practice begins June 22nd, 2024

COURSE FEE

Rs. 94,400 (Rs. 80,000 +18% GST) per year

This fee does not include:

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

COMPLETION REQUIREMENTS

- Attendance of Classes
- Complete Assignments
- Conduct 60 Peer Sessions
- Conduct 60 Client Sessions
- 480 hours of Mindfulness Practice
- Receive 10 Personal Counselling Sessions/yr
- Receive 10 Individual Supervision Sessions
- Complete Individual Research Project

ELIGIBILITY CRITERIA

- Academic background in Psychology/Social Work/Psychiatry at graduate/postgraduate level OR relevant field experience
- Practicing Counselors & therapists will be preferred

WHO IS THE TRAINING FOR

- Counsellors
- Psychotherapists
- Psychologists
- Psychiatrists
- Social Workers



EXPERT'S REVIEW



I found this course very impressive indeed in its range and depth... It is well thought through in terms of its design and assessment and, from my knowledge in related fields in the UK, it is of similar standard. The content, however, goes way beyond what is found in most counselling/ psychotherapy programmes...

Judy Moore, Author-Senses of Focusing, Former Director of Counselling, University of East Anglia, UK

ALUMNI EXPERIENCES

I look back at the past one year with a sense of awe of the learning processes that I have experienced. The presence oriented approach is not touched upon in any other counseling course, and I feel it's so integral to the counseling process.

-Lata Narayan, Retd Prof TISS



Doing the Presence Oriented Therapy course was one of the best decisions and investments I have made as a mental health professional.

-Arpita Bohra, Counseling Psychotherapist

This course has been curated with careful clinical judgment of the knowledge, skills & practice that a therapist needs. This course has deepened my theoretical grounding and therapeutic processing skills.

-Avantika Malhoutra, Psychotherapist



ADMISSION PROCESS



IMPORTANT DATES

May 30, 2024	Last date to fill Application form
February 2024	Interviews Begin
June 10, 2024	Full Fee Payment for Year 1 & Completion of formalities
June 22nd, 2024	Pre- Program Mindfulness Practice
August 28th, 2024	Commencement of Modules

The following will be an ongoing process :

- Submission of Application form
- Short-listed Candidates will be invited for an Interview
- Personal Interview
- Intimation of Final Selection
- A non-refundable deposit of Rs.20,000 to reserve a seat within 2 weeks of Selection
- Completion of formalities (Document submission etc.) & Full fee payment for Year 1 to confirm seat

Kindly note:

- Admission is on a first-come-first-serve basis.
- The seats are limited due to the nature of the learning involved. Request you to apply early.

Apply at www.justbeingcenter.com





Just Being Center for Mindfulness & Presence

We believe every individual or organization has innate wisdom and compassion. Our offerings encourage access to these qualities through mindfulness, deep listening and inquiry.

Our programs are known for their experiential nature and learning through direct experience.

Connect with us



+91-90110-36828



justbeingcenter@gmail.com



www.justbeingcenter.com