

# **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 Centre for Lifelong Learning, Tata Institute of Social Sciences**

**Registrations Open**

Date and Time: August 25, 2021 – March 26, 2023

Venue: 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 course 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.
- Completions of all assignments, and project work.
- Students receive online supervision either by zoom or direct meetings

**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. Graduation in any discipline with relevant background/experience in mental health and personal growth is needed.
Practicum & Field Work	540 hours	2. Background in psychology, psychotherapy or counselling is 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 – 2021 to 2023

### Calendar:

2021-2022 (Year 1)	2022-2023 (Year 2)
August 25 to 29- 2021 Module 1 (5 days in person/online) Additional online sessions and applied course work between modules	August 24 to 28 - 2022 Module 5 (5 days in person/online) Additional online sessions and applied course work between modules
October 27 to 31- 2021 Module 2 (5 days in person/online) Additional online sessions and applied course work between modules	November 23 to 27- 2022 Module 6 (5 days in person/online) Additional online sessions and applied course work between modules
January 3 to 9 – 2022 Module 3 (7 days in person/online) Additional online sessions and applied course work between modules	January 22 to 28 – 2023 Module 7 (7 days in person/online) Additional online sessions and applied course work between modules
March 23 to 27 - 2022 Module 4 (5 days in person/online) Additional online sessions and applied course work between modules	March 22 to 26 – 2023 Module 8 (5 days in person/online) Additional online sessions and applied course work between modules
<b>Total course hours = 480</b>	<b>Total course hours = 480</b>

### Who are the teachers of this course?

#### Lead Trainer

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### **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](http://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.

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## **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.

## **How much is the course fee?**

Rs. 75000 + 18% GST per year

## **Entrance requirements:**

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- Graduation in any discipline with relevant background/experience in mental health and personal growth is needed.
  - Background in psychology, psychotherapy or counselling is preferred.

### **Who will benefit from this course?**

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

### **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.

### **For Registration Contact**

**Email :** justbeingcenter@gmail.com

**Phone :** 9011036828

**Registration Form:** <https://bit.ly/POP2021-23>

You will hear from us within a week. If you are admitted into the programme you will have to immediately book your seat by paying the first instalment of Rs 15000/-. We have students from different parts of India and abroad applying for this course. Fees once paid is not refundable as we are securing the seat and cannot take any more students beyond a group size of 20.

## FACULTY

**Lead Trainer: Sandy Dias Andrade**  
(Psychotherapist in Mindfulness & Presence)

### Supporting Trainers:

Fiona Parr (Focusing Trainer)  
Bruce Stevenson (IFS Therapist)  
Patricia Meadows (Somatic & Attachment Therapist)  
Sujatha Nerurkar (Yoga Teacher)  
Prof. Mahesh Deokar (Buddhist Philosophy scholar)  
Rajyashree (Movement Teacher)

### COMPLETION REQUIREMENTS

Attendance of contact and/or online classes  
225 hours of Mindfulness Training  
Assignments and Book Reviews  
12 personal counselling sessions  
60 peer sessions  
60 client sessions  
Research project

### CRITERIA FOR JOINING THE COURSE

Graduation in any discipline with relevant background / experience in mental health and personal growth is needed.  
Background in psychology, psychotherapy or counseling is preferred.

## COURSE DATES:

Module 1: 25th to 29th August, 2021  
Module 2: 27th to 31st October, 2021  
Module 3: 3rd to 9th January, 2022  
Module 4: 23rd to 27th March, 2022  
Module 5: 24th to 28th August 2022  
Module 6: 23rd to 27th November, 2022  
Module 7: 22nd to 28th January, 2023  
Module 8: 22nd to 26th March, 2023  
(Three hour group supervision sessions once a month between modules)

**FEES: INR 75000 + 18% GST per year (non-refundable & non-transferable).**

Fees are inclusive of all modules beginning August 2021, supervision and course material. The course is being offered fully online with an option to attend it in-person in Pune (if you wish to) when the situation becomes okay enough for groups to come together.

## TO REGISTER OR KNOW MORE ABOUT THE COURSE,

Contact Just Being Center  
at [justbeingcenter@gmail.com](mailto:justbeingcenter@gmail.com) or  
9011036828  
[www.justbeingcenter.com](http://www.justbeingcenter.com)

JUST BEING  
Be still. know. love.



POST GRADUATE  
ADVANCED DIPLOMA

## Mindfulness & Presence Oriented Psychotherapy™

INTEGRATING  
COMPASSION & WISDOM

A Non-Dual Approach

2021-2023

JUST BEING CENTER  
FOR MINDFULNESS AND PRESENCE  
&  
CENTRE FOR LIFELONG LEARNING-  
TATA INSTITUTE OF SOCIAL  
SCIENCES, MUMBAI

## WHAT IS MINDFULNESS & PRESENCE ORIENTED PSYCHOTHERAPY?

Mindfulness & 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 and to facilitate the client's movement towards a felt sense of wholeness that also deeply honours the human experience. Mindfulness & Presence Oriented Psychotherapy 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.

### COURSE DESIGN

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

*-Intention – Attention– Attunement– Resonance– Wholeness-*

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## 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 form the base that informs the work and relevant exposition to other wisdom traditions supports an understanding of a unified, inter-dependent sense of Self. Besides verbal contact, other modalities such as art and movement are also used to facilitate a non-conceptual intuitive knowing 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'.

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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.

## MINDFULNESS IS A CORE PRACTICE FOR THERAPISTS TO ATTUNE TO 'PRESENCE'

### COURSE HIGHLIGHTS

- Two year in-depth and comprehensive course for mental health professionals
- Course design suitable for working professionals
- Five day classes every three months, with course work and supervision in-between
- A small group format of not more than 16 participants
- On-going supervision and guidance during the course

### ABOUT THE TRAINING

The training explores experientially three vital ingredients of therapy that brings about 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.

### FOR WHOM IS THE TRAINING

- Counselors
- Psychotherapists
- Psychologists
- Psychiatrists
- Social Workers