



National Institute of Mental Health and Neurosciences

राष्ट्रीय मानसिक स्वास्थ्य और स्नायु विज्ञान संस्थान

ರಾಷ್ಟ್ರೀಯ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಮತ್ತು ನರವಿಜ್ಞಾನ ಸಂಸ್ಥೆ

NIMHANS Centre for Well Being (NCWB)

Title of the workshop: Mindful Parenting

Date: 17th February 2018 (Saturday)

Time: 10:00 AM TO 4:30 PM

Venue: NIMHANS Centre for Well Being, 1/B, 9th Main, 1st stage, 1st phase, BTM layout Bangalore-560076

About the workshop



Parenting is one of the most consuming and responsible tasks in a lifetime for many parents, yet parents do it with love, joy, pride, and a sense of fulfillment. However, many other challenges and obstacles on the way may make parenting stressful. When under stress, parenting skills are found to collapse and will tend to yell at their children, threaten, and even beat them. Mindful Parenting offers another

way of approaching parenting in high stress times. In Mindful Parenting, parents' own stress, suffering, and psychopathology are the primary focus of the training rather than the problem behavior of the child. Clearly, the problem behavior of the child can be the major source of stress in the family, but the resulting stress in the parent is the target through mindful parenting. Dealing differently with stress, or stress reduction, is at the heart of the Mindfulness-Based Stress Reduction program. Mindfulness is a form of meditation based on the Buddhist tradition and involves being present in the moment, focusing on the reality and accepting it for what it is.

Who can attend?

Parents

What is offered?

- Why parenting can be stressful?
- Why mindful parenting can help?
- Positive parenting
- Training in various mindfulness skills for effective parenting
- Positive effect of mindful parenting

Workshop facilitators:

1. Dr. M.P. Sharma, Professor, Department of Clinical Psychology, NIMHANS
2. Dr. Thomas Kishore, Associate Professor, Department of Clinical Psychology, NIMHANS
3. Dr. Ajay Kumar, Assistant professor, Department of Clinical Psychology, NIMHANS

Registration fee: Rs.500/- per person

Number of seats is limited to 30; registration is on first come first served basis

Contact for registration:

(080) 26685948, 9480829670 (M)

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