

Lili J Culbert

I am a psychotherapist (BACP) and a fully certified Teacher in Mindfulness Based Living (MBLC) with the Mindfulness Association and a Trained Teacher in Mindful Self Compassion (MSC). I completed my training with Christopher Germer in Amsterdam in July 2017.

I have facilitated many mindfulness courses in the UK on a 1:1 as well as group and retreat settings.

I have enjoyed working in the field of mental health and emotional well-being for over 10 years both for the NHS and in freelance practice. I have a Post Graduate Diploma in Mental Health (CBT), and a Post Graduate Diploma in Brief Interventions. I am accredited with the BACP [www.bacp.co.uk](http://www.bacp.co.uk) and can offer work as a trainer, psychotherapist and supervisor offering therapy including: CBT - Cognitive Behavioural Therapy; CFT - Compassion Focused Therapy; MBCT - Mindfulness Based Cognitive Therapy; Cognitive Analytic Therapy - CAT, Person Centred and Transactional Analysis.

I began my personal Mindfulness practice in 2008 and I have since undertaken further training and experience in Mindfulness-Based Approaches, including the, one year mindfulness, one year compassion one year insight one year teacher training and 5 day Teacher Training Retreat run by The Mindfulness Association at Samye Ling. A 5 day MSC retreat on Holy Isle June 2016 and a 5 day intensive silent retreat at Trigonos, Bangor University, North Wales April 2017. I also completed a 10 week online MSC with Kristy Arbon in The summer of 2017.

Presently I am undertaking the The Oxford Mindfulness Centre's (University of Oxford) Mindfulness - Based Cognitive Therapy (MBCT) Teacher Training Pathway.

I use Mindfulness and Mindful Self-Compassion in my own life journey as well as managing the challenges I face working as a psychotherapist. I have found that it has brought so many positive aspects into my life including; improved ability to cope under pressure; more authentic and fulfilling relationships with family, friends and work colleagues; greater rapport and improved therapeutic interventions with my clients and not least joy, happiness and peace. Living mindfully does not take away our problems but it provides us with a wonderful resource to help us navigate our way through the challenges of life. All through my psychotherapy career it has been important to me to provide scientifically evidenced based interventions to my clients. Mindfulness and compassion has a solid and clear scientific base which is why I am so passionate about it and feel so confident about teaching it to people. I bring a wealth of life and professional experience to my teaching of mindfulness as well as a warm, light hearted and playful approach.