



ALVINA CASSIDY

Counsellor/
Mindfulness
Meditation Teacher



MBSR/MBCT Teacher

Certificate in Counselling

Certificate in Bereavement Counselling

Deep Listening Trainer

BA (Hons) Soc/Psych

We offer a professional, humanistic and integrative approach which embraces mindfulness and compassion methodology to anyone experiencing stress, illness, chronic pain, addiction, or bereavement due to separation or through death.

Our mission is to create a welcoming, safe environment where people are listened to and supported to find their own wisdom, meaning and healing.

PROFESSIONAL TRAINING

- *The Fundamentals of Counselling & Psychotherapy, Certificate in Counselling* – The Centre for Counselling and Psychotherapy Education (CCPE), London.
- *Certificate in Bereavement Counselling*, The Bereavement Service, Royal London Hospital, Whitechapel.
- *Educator with The Spiritual Care Programme* – a professional training programme bringing meditation, compassion and mindfulness methodology into healthcare.
- Developed *Deep Listening*, an advanced listening training, with Rosamund Oliver. Alvina is one of the course trainers.

Alvina is also trained in: Wisdom and Compassion in Care for the Dying, Speaking about Death and Supporting Families, Contemplative End of Life Care and Facing Death and Finding Hope.

EXPERIENCE

Alvina worked for 12 years at Dzogchen Beara Meditation Centre, west Cork as National Co-ordinator of *The Spiritual Care Programme* and also supported care retreats for people living with illness and for the bereaved. She has co-presented many seminars and retreats on meditation, loving kindness and compassion practice. She has practised meditation for 20 years and completed numerous retreats including a year-long enclosed meditation retreat.

As well as counselling, Alvina offers individual and group meditation sessions for people living with illness and addiction and for health and social care professionals and volunteers. She also offers the Mindfulness Based Stress Reduction (MBSR) 8-week programme, open to everyone.

CONTACT



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