

# Beyond Mindfulness: Effective Mind Management



A DBM® Art and Science Training

## Effective Mind Management: Beyond Mindfulness

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**Created and taught by John McWhirter, Creator of Developmental Behavioural Modelling (DBM®)**

Glasgow, U.K., Part One: 18th – 19th September; Part Two: 23rd – 24th October

Mindfulness has become increasingly popular in recent years. Mindfulness is being used well beyond its origins in Buddhism and meditation and spiritual development. It is being used for relaxation all the way through to therapy. Most people benefit greatly from these different applications. As the variety of applications have increased so have the negative reports, ranging from no benefit through to increased anxiety and depression. Understanding in detail how mindfulness works and the different ways it can be performed can help us to understand why this happens and how to counter it. That negative reactions happen is in part due to many things, inexperienced instructors, poor understanding of how mindfulness works. It is also the case that guiding people to notice their negative thoughts, anxieties, pains, without also teaching them how to manage and resolve their issues can contribute to increased negative results.

It is also the case that many people do not benefit as well as they could because of HOW they perform Mindfulness. Mindfulness is not a single behaviour, as is often presented, it can be performed in hundreds of different ways, with many different results, many useful, some neutral, and some limiting or damaging. Another limitation can be a difficulty in noticing thoughts and feeling through lack of specific distinctions; the more distinctions we have the more we can notice.

John McWhirter, the creator of DBM® has studied meditation for nearly 50 years. He has modelled Mindfulness, Meditation, Hypnosis, and other processes for managing mind for over 40 years. Through DBM® he has been able to create a wide range of distinctions, models, and processes for managing our minds, identifying how things work well, how they sometimes work negatively and what to do to improve our managing of our minds.

He has modelled many ways of performing Mindfulness, identifying the key components that are combined to form hundreds of different ways of doing Mindfulness. The precision that this offers is the basis for identifying the most effective way for specific applications and rectifying alternatives that do not work so well.

He has also created a holistic meditation model with eleven levels of structures and processes that can be used to identify how traditional meditations, in all form of spiritual practice, work and then how to develop them further. He has also identified nineteen form of intelligence that are useful in understanding the world. managing our thinking and feeling in managing our lives.

In this training John will take you “Beyond Mindfulness” in three main ways. Firstly, beyond the, often simple, detailed descriptions of mindfulness, introduce models and distinctions that describe in great detail many possible different ways of performing mindfulness, and introduce you to many more distinctions that will enable you to notice a lot more through mindfulness. Secondly, beyond mindfulness to explore what to effectively do with what you notice after mindfulness. And thirdly, before mindfulness, how to think and feel more effectively to begin with. Altogether, to improve your managing of your mind.

In this practical workshop John Will:

Teach you:

How your mind works and many ways that we all manage our minds.

How to manage your experience, awareness, attention, and concentration more effectively.

To notice more though developing many new distinctions in how you think and feel.

How to manage different types of subjective and objective attending more effectively.

How to perform Mindfulness in a number of different ways, identifying their strengths and weaknesses.

What a variety of Mindful processes are good for and not good for, and why this is the case.

What the key underlying processes are that can produce hundreds of different ways to do Mindfulness.

What to usefully do with any negative content noticed through Mindfulness.

The DBM® Meditation model, and to understand how different types of traditional meditations are useful in developing our mind management.

The four types of attending to reality, remembering, imagining, and creating.

How to use emotions for thinking.

How to use emotions proactively to engage more positively with the world.

Nineteen different types of intelligence, how to identify them, manage them, and develop them.

How to identify common errors and negative ways of thinking and what to do to rectify them; including Fictions, False Facts, Fallacies, Faults, and Frauds.

How to integrate mindfulness and meditation into everyday life and to develop “Real Life” Meditations, to enrich your experience of living and life.

Guide you:

Through a variety of Mindful processes and Meditation sequences to understand how they work and what they are good for.

Share with you:

Some of his insights and experience from nearly 50 years of exploring Meditation, 40 years of helping people through education, therapy, and training, to develop their own thinking and feeling to manage their live better.

**Venue: Sensory Systems, 162 Queens Drive, Glasgow**

**Contact: [johnm@sensorysystems.co.uk](mailto:johnm@sensorysystems.co.uk)**

**(In the event of Covid restrictions this training will be on-line, or with an on-line option).**

**Part One: 18th – 19th September 2021**

**Part Two: 23rd – 24th October 2021**

**10.00am – 6.00pm**

**Price: £400**