

Mindfulness Based Psychotherapy

Chris Doris MA

Core Process Psychotherapist

FIRST
CONSULTATION
FREE

Making the Move

At times we all feel the need for support and help in our lives. We may need help in fulfilling our potential or maintaining our wellbeing. We may feel dissatisfied with the quality of our lives or a recent crisis may be weighing on us. We may have had enough of suffering or trauma.

Working with body, mind and spirit, Core Process Psychotherapy can help us understand the root cause of these issues. Through this understanding you may find more ease and fulfilment in your life.

Sessions are for one hour on a weekly basis, and the first meeting is free of charge. Core Process can address specific aims and goals within 6 – 12 sessions, while more challenging issues may require a longer term of psychotherapy.

Please do not hesitate to contact me if you would like to find out more or would like to avail of a free consultation.

Chris Doris MA, Core Process Psychotherapist.

What is Core Process Psychotherapy?

- CPP is the original mindfulness based psychotherapy from the UK. At its heart is relational mindfulness. This is a witnessing awareness. It orients to the felt sense of relationship in present time. Mindfulness is scientifically validated in generating physiological and psychological wellbeing.
- CPP is a contemplative psychotherapy. It offers a non-judgemental therapeutic relationship. The work is seen as a process of joint inquiry between therapist and client. Awareness and the qualities of compassion, equanimity, loving – kindness and sympathetic joy are consciously engendered.
- CPP brings together Western and Eastern concepts of being and self in a comprehensive approach to human suffering and wellbeing.
- CPP utilises Western psychotherapeutic skills, development psychology and trauma resolution processes. It also utilises Buddhist psychology and mindfulness practices. The Buddhist understanding of how the self works moment to moment beautifully compliments the Western understanding of its structure.
- CPP understands that the core human state is one of innate wellbeing, however obscured it may have become. CPP emphasises the building of wellbeing resources.
- CPP includes pre and peri-natal stages of the self's development in its approach and regards these phases as developmentally significant.
- CPP helps clients in understanding how they generate suffering in their lives. It supports changing such tendencies and the development of sustainable wellbeing.

About Chris

Chris Doris has a Masters in Mindfulness Based Psychotherapy from Middlesex University, London and a Diploma in Mindfulness based Psychotherapeutic Practice from the Karuna Institute, Devon. He trained for two years, 98 - 2000, with Dr. Ruth Doherty and the Anwnn Institute as a professional healer. He qualified as an Aura Soma colour therapist in 2001, and trained in Family Constellation work in 2008/9. Chris has a wide experience of therapeutic approaches. He has been a meditation preceptor of the Sahaj Marg system of Raj Yoga since 1993.

Chris is also an award winning artist whose paintings and highly public interventions have been grounded in academic and practical research into consciousness and transformation, for over 25 years. He spent 40 days and 40 nights on Croagh Patrick in 1999, as artist in residence, and since then has produced a number of innovative public inquiries. His creative practice informs his psychotherapeutic practice.

He is based in Lacken, North Mayo and Monkstown, Dublin, with his wife, psychotherapist Rachel Sweetman and two sons.



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