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Healing power of awareness



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In psychotherapy, awareness is the major ingredient for sustainable and beneficial change. Clients are trained to become aware of their feelings and (hidden) thoughts. By doing so, clients learn how to make better decisions and how to cope with dysfunctional beliefs and emotions. For all this, awareness is the key ingredient. The conditioned mind is not able to observe anything other than its own routine and habits. If a problem is raised, the mind wants to solve it in a routine way. We need awareness to step out of the routine of the mind. By observing what is happening from moment to moment in a neutral way, we open up to new aspects of our environment and us.

Biography

Willem Fonteijn is Clinical Psychologist. He published more than 20 papers in reputed journals and has been serving as a Trainer for CBT. He is an enthusiastic mindfulness practitioner and works and lives in Amsterdam.

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