

Mindfulness Group

Stress reduction for depression & anxiety

All day long, our mind receives information. The mind's job is to sort through all this, from the stresses and surprises that come from the outside to the emotions, thoughts, and sensations that arise from inside us. Mindfulness is a way of attending to all of this without being overwhelmed by it. It is "the basic human capacity to pay attention on purpose, with intention, in the present moment, in a friendly and non-judging way."

The Benefits of Mindfulness

Many people, including many therapists, use mindfulness for every-day stress reduction. Research has also found that mindfulness can both treat and prevent depression, anxiety and related problems like overeating and insomnia. It also has benefits for physical conditions including chronic pain, fibromyalgia, irritable bowel syndrome, psoriasis (skin eruptions), high blood pressure and the immune system.

Mindfulness in Psychotherapy

Mindfulness is a key ingredient in many effective therapies. What makes these therapies unique is that they are designed to teach you a skill that you can take with you after completing the sessions. The therapist helps you practice and trouble-shoot the new skill, just as a coach would help you learn a new game.

What Actually Happens in the Course

At each session, the instructor will present a new aspect of mindfulness to the group and help you problem-solve ways to apply these methods in your daily life. The instructor will also lead the group through an active practice of mindfulness. There will also be time for members to learn from each other's experience. Sharing will be optional, not required, during the course.

This is a general mindfulness course. We also offer mindfulness courses focused on issues of aging in later life and one for adolescents.



Costs and Insurance Coverage

The cost of the full program is \$180 (6 weekly sessions, 1.5 hours each). There is an \$80 deposit due to reserve your spot in the class and the balance is due before or on the day of the session. Most insurances cover this group (though deductibles and copays may apply). We will bill your insurance and reimburse and payments to you.

How to Sign Up

We offer mindfulness courses throughout the year. Contact us to reserve a spot in the next group. The exact times will depend on everyone's schedule – including your own – so let us know your preferences and we'll work to set a time that fits.

EMAIL: maddie@moodtreatmentcenter.com

PHONE: (336) 722-7266

ONLINE: at www.moodtreatmentcenter.com click "Reserve a spot"

About the Instructor

T.J. Shaffer, LPC, has over 10 years of experience as a counselor with expertise in mindfulness based therapy. He is regularly invited to speak on Mindfulness Counseling and Meditation.

He completed his graduate work at Penn State University and taught Positive Psychology, Health Psychology and Abnormal Psychology there after finishing his degree.

Learn More about Mindfulness

To learn more about mindfulness and try it out through a downloadable audio guide, go to:

www.moodtreatmentcenter.com/mindfulness.htm