



# INTRODUCTION TO MINDFULNESS

Mindfulness is a form of non-judgmental awareness that is used in the treatment of mental disorders, stress, and chronic pain. The practice of mindfulness can help people see their experience more clearly and with greater equanimity. This four-session seminar is designed to provide participants with the basic knowledge and experience needed to establish a mindfulness practice. Participants will learn how to practice mindfulness meditation and apply mindfulness practice to everyday life. The seminar will include lectures, experiential exercises, take-home exercises, and opportunity for questions and discussion.

## WHEN

(4 Sessions)  
Session Dates: TBD  
\*Scheduled to run every 4  
weeks

## ONLINE

Hosted virtually through  
MTC's Telemed technology

## COST

BCBS accepted or  
\$40 Self-pay per session;  
\$50 deposit due by first session

Email [grouptherapy@moodtreatmentcenter.com](mailto:grouptherapy@moodtreatmentcenter.com) to register.

