

Mindfulness-Based Stress Reduction 8-Week Skills Group



***Tuesdays
from
7:00 pm – 9:00 pm
March 23 –
May 11, 2010***

What is Mindfulness-Based Stress Reduction?

Mindfulness meditation is a centuries-old traditional Tibetan meditation practice.

Over the past 20 years, mindfulness has been increasingly used in Western behavioral medical settings as an adjunctive treatment strategy in pain management clinics, cancer treatment centers, and in the treatment of a variety of stress-related physiological disorders.

More recently, research has demonstrated the effectiveness of mindfulness meditation in improving one's ability to manage feelings of anxiety, depression, compulsive / emotional eating, and other impulse-control disorders including addictions.

What will I learn?

In this 8 week course, meeting once weekly for 2 hours, participants will learn basic mindfulness meditation techniques. In a small-group format, you will develop an ability to be more focused and present in the moment, to be less judgmental and emotionally reactive, and to develop a greater sense of compassion for yourself and for others.

Many people find that they feel calmer and more grounded after learning mindfulness techniques and establishing a regular daily practice of the techniques.

What is required of participants?

- ❖ Discussion with your psychotherapist or psychiatrist to see if the program is right for you. If appropriate, your provider will make a referral and you will be contacted to be registered.
- ❖ As in all groups in which people share more personal matters, you will be required to keep confidential the discussions of other participants.
- ❖ This is an experiential class – just like learning to ride a bike, you cannot learn mindfulness techniques by just reading or hearing about them, you must practice and experience them for yourself.

Therefore, you will be asked to:

- ❖ Commit to attending all of the classes.
- ❖ Purchase the text, “The Mindful Way Through Depression,” by Williams, Teasdale, Segal & Kabat-Zinn, which includes a CD with guided mindfulness practice exercises (available through Amazon.com and most major book retailers).
- ❖ Commit to completing the homework assignments, including reading the text and practicing daily the specific mindfulness techniques

we learn in class (on average, you will be asked to dedicate about 30 minutes a day to practicing techniques).

Cost and Payment Policy

The cost of the course is \$375 (does not include cost of text). A \$150 deposit must be made upon registering for the group. This will be refundable until the first group meeting. In order to participate, the balance must be paid by the first class.

No refunds will be made after the group starts. Most insurance companies don't cover this type of group; it will be up to individual participants to pursue insurance reimbursement if they wish.

Group Instructor

The group will be led by Anya Genieser-DeRosa, Psy.D, licensed psychologist. She has trained in Mindfulness-Based Stress Reduction through the University of Pennsylvania's Program for Stress Management for the past 5 years, directed by Michael Baime, MD, an internist with 30 years of experience in meditation practice. Dr. DeRosa has also participated in a number of professional workshops focused on the application of mindfulness techniques in the treatment of a variety of mental health and physiological problems.

Dr. DeRosa has used mindfulness techniques informally in her practice for 10 years, and now uses mindfulness techniques to enhance the effectiveness of cognitive behavioral therapy (CBT). The incorporation of these strategies is supported by a growing body of research

indicating effectiveness in a wide range of conditions.

She is a 2002 graduate of the Philadelphia College of Osteopathic Medicine's Clinical Psychology program. She joined DGR in 2006, after spending 4 years doing both inpatient and outpatient clinical work at the Reading Hospital and Medical Center's Center for Mental Health and Spruce Pavilion.

***For more information, please
contact Dr. DeRosa at DGR
Management***

(610) 378-9601 x132