

*Evans Cognitive Development Center*  
*offers*

*Mindfulness Practice For Psychological  
Therapy*

Mindfulness practice provides a way to calm oneself, increase awareness, bolster mood and reduce stress. This psycho-educational program teaches skillful ways of navigating one's inner landscape, which may produce stress, inattention, anxiety and depression. Using a variety of methods including meditation, cognitive therapy, body awareness, and group process, participants will learn to train their minds and achieve deeper levels of relaxation, self observation, and emotional regulation. (This program is not suitable for patients with Axis II disorders.)

**FACILITATOR:**

*Mary Ann Evans, Ph.D., Clinical Neuropsychologist  
(Trained in Mindfulness-Based Stress Reduction and  
Mindfulness-Based Cognitive therapy and Big Mind)*

**INFORMATION:**

*This is an 8 week class with sessions two hours in length. It is based on the Mindfulness-Cognitive Therapy approach developed by Segal, Williams and Teasdale for the prevention of relapse of depression and the Mindfulness Based Stress Reduction program developed by Jon Kabat-Zinn. In addition the practice of Big Mind as developed by Genpo Roshi is used as a tool toward*

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*reaching wholeness and balance. Mindfulness awareness has been shown to be an effective approach to manage life's stressors, enhance attention, reduce anxiety and bolster recovery from depression and prevent relapse.*