JOIN OUR MINDFULNESS GROUP

WHEN AND WHERE?

5:30-6:30pm

Monday 12/7
Monday 12/21
Monday 1/4
Monday 1/18
Monday 2/1

@ Advocate Psychotherapy Services
41 Park Ridge Dr, Suite 3, Stevens Point
Wi, 54481

WHAT TECHNIQUES WILL BE USED?

- All exercises will be based off of Mindfulness Based Cognitve Therapy (MBCT).
- MBCT was developed to prevent relapse of recurring episodes of depression or deep sadness. It has been proven effective in patients with major depressive disorder and may also be helpful in treating:
- Generalized anxiety disorders
- Bipolar Disorder
- General emotional distress
- Addictions

WHAT CAN I EXPECT?

- Learn relaxation and stress reduction strategies
- Learn meditation techniques
- Learn basic principles of cognition such as relationship between thoughts and emotions
- Learn how to utilize techniques and exercises in daily routines
- Share experiences and thoughts with others
- Gain a sense of community through a group setting

WHAT ARE THE CORE CONCEPTS AND HOW DO THEY WORK?

- **Present-moment focus**: learn to notice breath, body sensations, and thoughts in present moment.
- **Changing the relationship to thoughts**: Instead of fighting or trying to fix negative thoughts, you accept and see them as passing mental events.
- **Breaking automatic loops**: Helps to stop emotions, such as sadness, from triggering old, deep patterns of depression.

HOW MUCH DOES IT COST AND HOW CAN I JOIN?

- FREE group service
- Show up to Advocate at time of group meeting
- If a current client of Advocate, let your therapist know you're coming!

SESSION SCHEDULE

Week 1: Tension and Body Scanning
Week 2: Guided Visualization and Imagery
Week 3: Mindful Journaling
Week 4: Silent Connections
Week 5: Gratitude Exploration

READ MORE ABOUT MBCT AT HTTPS://PUBMED.NCBI.NLM.NIH.GOV/22340145/

REFERENCE:
WELFEL, E. R. (2024). ETHICS IN COUNSELING & PSYCHOTHERAPY (6TH ED.). CENGAGE LEARNING US. HTTPS://BOOKSHELF.VITALSOURCE.COM/BOOKS/9798214343402
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