



PsychotherapyInBoulder.com

John W. Steele, Ph.D

## **Mindfulness as Medicine for Depression and Anxiety**

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Join Psychologist, yoga teacher and mindfulness-based cognitive therapist, John W. Steele, Ph.D., for an experiential seminar that will introduce you to mindfulness practices and cognitive strategies for managing symptoms of depression and anxiety. In this seminar you will learn how to recognize negative thoughts and beliefs, which we are ordinarily unaware of, that contribute to anxious and depressed moods.

When you begin to clearly see and let go of these negative mind states you will be able to nip symptoms of depression and anxiety in the bud. You will also learn strategies for moving toward or away from difficult emotions so as to be able to work with them without becoming overwhelmed. Separating your felt sense of a problem from the story you tell yourself about it will prevent you from getting stuck in habit-forming thoughts, thus enabling you to encounter life's challenges with more energy and optimism.