

Therapeutic Mindfulness: a 2-Part Seminar

With John W. Steele, Ph.D.

“Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment. We feel more alive. We also gain immediate access to our own powerful inner resources for coping effectively with stress.”

--- Jon Kabat-Zinn

Part I: Mindfulness-Based Stress Reduction (MBSR)

This presentation will address the theory, research, practical applications and implementation of an 8-week program developed at the University of Massachusetts Medical Center by Jon Kabat-Zinn and described in his book: ***Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness***. The workshop will include guided practice of various mindfulness techniques (e.g., sitting, walking & lying down) taught in MBSR programs.

Part II: Mindfulness-Based Cognitive Therapy (MBCT)

MBCT incorporates the mindfulness practices taught in MBSR, adapting and extending them to address cognitive and emotional issues encountered by those experiencing recurrent episodes of depression and anxiety. This presentation will cover the theory, research, practical applications and implementation of an 8-week Depression Relapse Prevention Program developed by three cognitive therapy researchers: Zindel Segal, Mark Williams, & John Teasdale, as described in their book: ***Mindfulness-Based Cognitive Therapy For Depression: A New Approach to Preventing Relapse***. The workshop will include guided practice of mindfulness-based cognitive therapy techniques.

Dr. John W. Steele, Ph.D. is a Licensed Psychologist, Certified Focusing-Oriented Psychotherapist and Registered Yoga Teacher with over 22 years clinical experience including private practice, community mental health and psychology intern training. He is an adjunct professor in the Transpersonal Counseling Psychology Program at Naropa University. John offers mindfulness-based psychotherapy for individuals and couples, supervision for mental health professionals, and classes in *“Listening From the Heart: Insight and Emotional Clearing Through Focusing,”* and *“Yoga for Anxiety, Depression and Stress Reduction.”* He can be reached at john@psychotherapyinboulder.com.