

COUNSELING CENTER GROUP SERIES:

TAMING THE ANXIOUS MIND

SPRING 2007

Do you worry a lot? Do you spend a lot of time thinking about the future or replaying the past? Do you have trouble concentrating or focusing your mind? Does your mind race and you find it hard to slow it down? If so, this group may be for you. In this 8 week group we will introduce members to Mindfulness Meditation and help them learn how to quiet their mind and get it to work for them instead of against them. Mindfulness Meditation is a time-tested method for helping people quiet their minds and feel more relaxed and focused. Each session will provide time for practice and discussion.



This group is based on the work of Jon Kabat-Zinn, Ph.D. of the Stress Reduction Clinic at the University of Massachusetts Medical Center. Dr. Kabat-Zinn developed Mindfulness Based Stress Reduction (MBSR) to help people deal with a variety of physical and psychological conditions. MBSR has been well researched and has been shown to be effective with a variety of issues: headaches, insomnia, high blood pressure, anxiety disorders (e.g., social anxiety), irritable bowel syndrome, test anxiety, performance anxiety, etc. The Taming the Anxious Mind group is based on the MBSR program and the leader of this group, Michael Murphy, has trained with Dr. Kabat-Zinn.



For more information about joining, please call (352) 392 - 1575.



TUESDAY 2:00 PM - 3:30 PM — MICHAEL MURPHY & TINA TANNEN

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