

# Applied Mindfulness

Do you spend your days operating on “auto-pilot”? Could you live more in the moment instead of worrying about the future and dwelling in the past? What’s happening inside you before you crave or use? Can you sit with emotions and thoughts without action?

This 8-week group will teach you ways to press pause on your thoughts, increase your awareness of thoughts and emotions, develop greater self-compassion, access your inner wisdom, and incorporate a mindfulness practice into every day life. Each group will begin with a guided experiential mindfulness activity, followed by practical mindfulness skills training derived from evidence-based therapies such as Dialectical Behavior Therapy, Mindfulness-Based Stress Reduction, and Acceptance and Commitment Therapy.

**What is Mindfulness (and What It Is Not)**

**A How-To for Everyday Mindfulness**

**The Observer Self**

**Getting to Know Your Wise Mind**

**Balancing Doing Mind and Being Mind**

**Mindfulness-Based Stress Reduction  
(With PMR)**

**Urge Surfing to Manage Compulsive  
Behaviors**

**Loving Compassion for Self and Others**

## CONTACT

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## WHERE

Psych Garden

90 Concord Ave, Belmont MA

## WHEN

Wednesday

6:30pm

Fee: \$75/session