



Falling Awake: Mindfulness for Depression & Anxiety

an 8-week class

presented by Lynn Sipher, LMSW

Years of research have shown Mindfulness-Based Cognitive Therapy (MBCT) to be an effective approach for addressing depression and anxiety. This 8-week class based on MBCT is intended for people who have had one or more episodes of depression or live with anxiety. You can participate whether or not you are taking medicine or are currently in psychotherapy or have had therapy in the past.

Each week you will learn new skills to help you change your relationship with anxiety and depression so they interfere less with how you want to BE in your life. Discover that you can live more fully and in the present moment even with these conditions. The benefits of the class correspond with the degree you can practice the skills at home between class sessions.

A day-long silent Saturday retreat is included as part of the 8-week class between weeks 6-7.

Topics:

Introduction and Automatic Pilot
Living in Our Heads
Gathering the Scattered Mind
Recognizing Aversion
Allowing/Letting Be
Thoughts are not Facts
Kindness in Action
What Now?

Wednesdays, January 29 - March 25, 2020

(no class March 4)

6:00pm - 8:00pm

Day of Mindfulness (included in class)

Saturday, March 21

9:00am-3:00pm

\$425.00

Location:

Lynn's office

202 E. Washington, Suite 201

Ann Arbor, MI 48104

Registration required by January 22

For more information or to register:

734-332-3365 or lynnnsipher@gmail.com

Lynn Sipher, LMSW is a long-time meditator providing mindfulness-based psychotherapy with individuals, couples, and families. She has advanced training in Mindfulness-Based Cognitive Therapy and has taught classes in this approach for over ten years. She is a founding member of Mindful City Ann Arbor and Ann Arbor Center for Mindfulness. She is committed to and passionate about bringing mindfulness to community.