

Advancing Mindfulness Practice and Applications for Anxiety Disorders



- Learn about metacognitive awareness, a critical foundation to mindfulness meditation.
- Develop greater effectiveness in Mindfulness based Cognitive Behavioral Therapy for the treatment of anxiety disorders.

This 8 week group training of maximum of 10 participants is recommended for mental health practitioners with previous training in mindfulness meditation. All participants must commit to the entire 8 week training.

Fridays, 6-7:30 pm, March 1 –April 19, 2013

West Los Angeles Location

\$45.00 per session

Contact for information and signing up:

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