

Mindfulness- Based Stress Reduction

8-Week Skills Group



***New Dates and Times
to be
Announced Soon!***

What is Mindfulness-Based Stress Reduction?

Mindfulness meditation is a centuries-old traditional Tibetan meditation practice.

Over the past 20 years, mindfulness has been increasingly used in Western behavioral medical settings as an adjunctive treatment strategy in pain management clinics, cancer treatment centers, and in the treatment of a variety of stress-related physiological disorders.

More recently, research has demonstrated the effectiveness of mindfulness meditation in improving the ability to manage feelings of anxiety, depression, compulsive / emotional eating, and other impulse-control disorders including addictions.

What will I learn?

In this 8-week course, meeting once weekly for 2 hours, participants will learn basic mindfulness meditation techniques. In a small-group setting, you will develop an ability to be more focused and present in the moment, to be less judgmental and emotionally reactive, and to develop a greater sense of compassion for yourself and for others.

Many people find that they feel calmer and more grounded after learning mindfulness techniques and establishing a regular daily practice of the techniques.

What is required of participants?

- ❖ Discussion with Dr. DeRosa to see if the program is right for you (can be by telephone). If appropriate, we will send you a registration packet with further information and instructions for registration to complete and return with your deposit.
- ❖ As in all groups in which people share more personal matters, you will be required to keep confidential the discussions of other participants.
- ❖ This is an experiential class. Just like learning to ride a bike, meditation must be practiced and experienced, you cannot learn mindfulness techniques by just reading or hearing about them alone. Therefore, you are required to learn meditation techniques and practice them on your own.

Therefore, you will be asked to:

- ❖ Commit to attending all of the classes.
- ❖ Complete all of the homework assignments, including reading the text (included in the price, the text will be distributed on the first night of class) and practicing the specific mindfulness techniques you learn in class on a daily basis (on average, you will be asked to dedicate about 30 minutes a day to practicing techniques).

Cost and Payment Policy

The cost of the course is \$335 (includes cost of text). A \$150 deposit must be made upon registering for the group. This will be refundable until the first group meeting. In order to participate, the balance must be paid by the first class.

No refunds will be made after the group starts. Most insurance companies don't cover this type of group, though we will be happy to provide a statement you can submit to pursue insurance reimbursement if you wish.

Group Instructor

The group will be led by Anya Genieser-DeRosa, Psy.D, licensed psychologist. She has trained in Mindfulness-Based Stress Reduction through the University of Pennsylvania's Program for Stress Management for more than 10 years, directed by Michael Baime, MD, an internist with more than 35 years of experience in meditation practice. Dr. DeRosa has also participated in a year-long meditation research project for healthcare providers, The Three Doors Compassion Project under Gabriel Rocco and Marcy Vaughn, as well as completing a number of professional workshops focused on the application of mindfulness techniques in the treatment of a variety of mental health and physiological problems.

Dr. DeRosa has used mindfulness techniques informally in her practice for more than 20 years, and now uses

mindfulness techniques to enhance the effectiveness of cognitive behavioral therapy (CBT). The incorporation of these strategies is supported by a growing body of research indicating effectiveness in treating a wide variety of conditions.

She is a 2002 graduate of the Philadelphia College of Osteopathic Medicine's Doctoral Clinical Psychology program. She founded Radiant Being Psychological Services, PC, in 2017, with a mission of providing high quality psychological care to adults 18 years and older in the Upper Perkiomen Valley community in a warm and caring environment. Prior to founding RBPS, she provided outpatient psychotherapy at DGR Comprehensive Behavioral Health, LLC, in Wyomissing, PA from 2006- 2017, after spending 4 years doing both inpatient and outpatient clinical work at the Reading Hospital and Medical Center's Center for Mental Health and Spruce Pavilion (2002-2006).

For more information, please contact Dr. DeRosa at

Radiant Being Psychological Services, PC

215.624.2415

