

Developing: Qualities of Mindfulness
In These Times ©
A Psychological/ Meditation Integrative Approach

LOCATION: TEELE SQ., SOMERVILLE (781)-643-2313

Taught by: Judith Prebluda M.A., L.M.H.C. Psychotherapist, Reiki Master and Meditation Teacher- Fully trained in Mindfulness-Based Cognitive Therapy

Do you wish to develop the Qualities of Mindfulness- in everyday life, especially during times of challenge and uncertainty?

- This new class is designed to develop and practice Mindfulness- for practical and spiritual help, in **every day life**, especially to nurture, support and sustain yourself during challenging times.
- Specifically, we will focus on the development of the **QUALITIES** of Mindfulness, **as internal resources**, through Mindfulness Meditation practice, integrated with other psychotherapeutic tools such as Cognitive Behavioral Therapy and I.F.S. (Internal Family Systems).
- These **qualities** are both innate, and can be uncovered, strengthened, and woven into one's everyday experiences and interactions. They are similar to what Richard Schwartz (I.F.S.) calls the "**Qualities of Self**". In this class we will be utilizing the practice of Mindfulness, integrated with Cognitive Therapy and **Parts Work** (Ego States), to **recognize, develop and act from** these qualities in our daily lives.

These Qualities Include:

- Being with/ Allowing
- Non-Judgment
- Acceptance
- Gentle curiosity (insight and inquiry)
- Kindness (towards self and others)
- Clarity (seeing the "big" picture")
- Equanimity (non-reactiveness)
- Discernment/ Right Action

This program is an eight-week class, each class is 1 ½ hrs. in length
The cost is \$300.00 for the full eight weeks. Some insurances accepted
Some experience with Mindfulness Meditation is helpful.

PLEASE CONTACT:

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