



Registration Form

Register early and receive 10% discount

Name: _____

Address: _____

City _____ Zip _____

Phone: _____

Email: _____

5 CEUs from NASW needed? ____ Yes ____ No

4-week Introduction to Mindfulness class:

____ \$135 if registered 7 days prior to start

____ \$150 if registered less than 7 days prior

Which class?

____ *Spring:* Thursdays, April 26 – May 17

____ *Fall:* Thursdays, Sept. 6 – 27

Every Thursday from 5:30 – 7 pm

Please send registration form and payment to:

Aspire Counseling Group, PLLC

1405 Hillsborough Street

Raleigh, NC 27605

919.272.6854 – tammy@AspireGroupNC.com

Or pay online at www.AspireGroupNC.com,

using the "Make a Payment" link on the left:

Check here if paid online: _____

Date paid online: _____

Aspire Counseling Group, PLLC
1405 Hillsborough Street
Raleigh, NC 27605

Now Offering 5 CEUs!

DON'T MISS OUR UPCOMING

INTRODUCTION TO MINDFULNESS CLASS

Lost in Thought?

Find Your Way Back
Through Mindfulness

*Offering 5 **CEUs** for clinicians!*



www.AspireGroupNC.com

Introduction to Mindfulness

When:

Spring: Thursdays, April 26 – May 17

Fall: Thursdays, Sept. 6 – 27

Every Thursday from 5:30 – 7 pm

Location:

Raleigh Friends Meeting House
625 Tower Street, Raleigh, NC

Cost:

\$135 if registered 7 days prior to start

\$150 if registered less than 7 days prior

CEUs Available:

5 CEUs are available through NASW

Presented By:

Tammy Blackard Cook, LCSW, of Aspire Counseling Group, PLLC. With more than 20 years experience as a therapist, Tammy combines various approaches and teachings about mindfulness with practical application.



Mindfulness reduces stress and changes brain structure.

-Journal of Psychiatry Research: Neuroimaging

When most people think of mindfulness, they think of Tibetan monks or gurus on top of mountains. In short, they think of it as out of reach for the average person. Most of us don't think mindfulness is applicable to us in our daily, modern lives.

But we need mindfulness more than ever. The modern rush of daily life makes it almost impossible to slow down, relax and enjoy our lives. We miss the life right in front of us.

As you think about how mindfulness might help you, here are some questions to consider:

- Do you have trouble turning off your thoughts, worries, and mental to-do lists?
- Are feelings sometimes overwhelming to you?
- Are you aware of what happens to you physically under stress?
- Does it sometimes feel like you're so busy day-to-day that you're somehow missing out on your own life?

The 4-part series includes:

Part 1—Introduction to Mindfulness: Sensations

The first session defines mindfulness and will focus on the ground of mindfulness training: bringing mindful attention to the breath and bodily sensations. We will explore what it means to live with mindful awareness.

Part 2—Introduction to Mindfulness: Emotions

We tend to live in reactivity—either resisting or becoming possessed by strong emotions. In this class, we explore how to free ourselves by bringing a mindful, kind, and non-judgmental awareness to the stories and feelings that make up our emotional life.

Part 3—Introduction to Mindfulness: Thoughts

One of the main goals of mindfulness training is to help us awaken from the trance of thoughts. This class explores important ways that mindfulness supports this awakening, allowing us to come back to presence.

Part 4—Introduction to Mindfulness: Non-Identification

In the final class, we will discuss the concept of non-identification: how to stop taking our experiences as “me” or “mine.” In other words, non-identification helps us create more space so that our lives are bigger than the sum of our experiences.

In the October 2011 Introduction to Mindfulness Class, 100% of respondents surveyed believe the class will enrich their lives in an ongoing way.

"I really loved the class. Thank you for sharing your work with me. I enjoyed the actual practice sessions a great deal; actually taking time to practice was very helpful."

--Participant