

[Redacted]

This program consists of 8 weekly, 2-hour meetings. It utilizes different learning modalities including presentations, in-session exercises, group discussion, group therapy, review of progress, and homework assignments.

Participants are asked to dress comfortably and to bring a blanket or yoga mat and pillow for some meditation exercises. Sitting meditation will be conducted using chairs. No experience with meditation or special postures is required.

Expect a commitment of 30 to 45 minutes of homework daily during the running of this program.

A screening interview is required of all potential participants to ensure a good fit with the program, to provide initial information about the group, and to answer any questions participants may have.

[Redacted]

Groups are ongoing. Please call [Redacted] for more information or to arrange a screening interview.

Early registration is strongly advised in order to complete the screening interview and reserve your space.

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The Centre for Mindful Therapies offers a wide range of and Mindfulness-Based programs to individuals and groups, as well as customized programs for corporate, public agency and medical settings. The programs integrate psychodynamic and cognitive approaches with spiritual psychology to enhance healing and help clients identify, emerge and actualize their authentic nature and true potential.

The programs and therapies are for the treatment of:

- Eating Disorders, Compulsive Eating Behaviours and Body Image Issues
- Anxiety and Phobias
- Stress Reduction
- Anger Management
- Relationship Issues
- Depression

[Redacted] is the Executive Director of the Centre for Mindful Therapies. She has more than 25 years experience with the treatment of Eating Disorders, Anxiety, Depression, Stress and Anger Management, and Relationship Conflicts.

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For more information about what our Programs and Services can do for you, contact us for an appointment to identify and explore your needs.

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Each year, millions of people seek help to relieve the suffering caused, both to themselves and to others, by their inability to change self destructive behaviours around food and body image. Many people seek temporary relief through weight loss or exercise programs. However, for those who are actually addicted to food and weight related rituals (i.e. bingeing, night eating, excessive exercise, purging, restrictive foods, compulsive overeating), there is no relief, as diet and exercise do not deal with the core issues that cause these self destructive behaviours.

Disordered eating and body image problems are a result of a detachment from one's true nature or spiritual self. This adaptive self is a collection of behaviours that served as a psychological survival mechanism which protected one's true nature during the formative years. However, it has long since outlived its usefulness, and has become a "habit pattern of the mind", now mistaken for one's true nature.

Discovering one's true nature, and distinguishing it from the behaviours and qualities of the false self, is the beginning of the path to the alleviation of suffering and the emergence of the real self.

The Mindful Eating Therapies Program is a step-by-step psychotherapy program that integrates Buddhist and cognitive psychologies to help individuals give up their attachment to self defeating behaviours, habits and addictions around food and body image distortions.

Based on the Spiritual Self-Schema Program (3-S) developed at Yale University, the Mindful Eating Therapies Program uses an approach and language intended to minimize defensiveness and maximize the emergence of the true self or spiritual nature of participants.

Although the program is rooted in Buddhist psychology, there is no attempt to convert participants to Buddhism. The program helps participants strengthen their own faith and discover their own spiritual path. It will help them develop the spiritual "muscles" that have been covered over with harmful behavioural habit patterns.

Participants will learn and practice techniques for strengthening their own true nature and will learn how to use these techniques for dealing with their addictions and compulsions with food and obsessive thoughts.

The Mindful Eating Therapies Program provides helpful skills for altering disordered eating and body image issues. It is a positive approach to gaining insight and control over unhealthy eating habits, and accepting your body and self "in-the-moment."

The Mindful Eating Therapies Program includes training in mindfulness meditation, the 3-S spiritual stretch, and simple yoga stretches to help participants become more aware of the present moment.

The program helps participants get in touch with moment-to-moment changes in the mind and the body. Through attending the eight weekly classes, and by listening to tapes at home during the week, class participants learn the practice of mindfulness meditation.



*According to a recent article reviewing the scientific research on mindfulness (Ruth, R.A. (2003) in **Clinical Psychology: Science and Practice**), there is very good evidence that mindfulness reduces **pain, stress, anxiety, panic, relapse into depression, and eating disorders**. Improvements have been shown to last up to several years.*