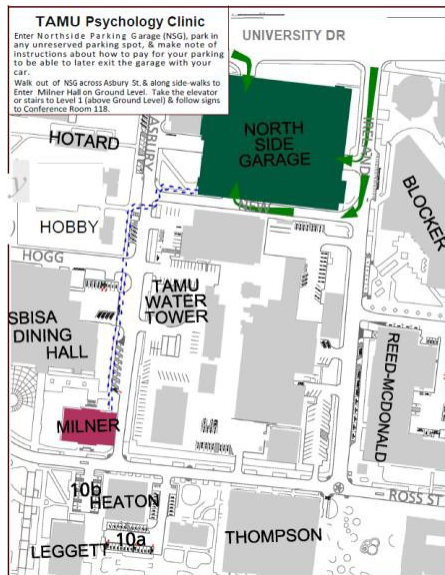


Directions

- From State Hwy 6, exit University Dr. and proceed West past Texas Ave.
- Move to the left lane on University Dr.
- Pass Bizzell St./College Av., Spence St., and Church Av. and then move into the two left turn lanes at the intersection of University Dr. and Ireland St./Nagle St.
- Turn left onto Ireland St. and carefully move to the right to the entrance of the Northside Parking Garage.
- Go to: <http://aggiemap.tamu.edu/>
- Type/click: Northside Parking Garage (NSG)
- Type/click: Milner Hall (MILN) — TAMU Building 0420; 425 Ross St., 77843-4258



Parking Fee

The cost for parking is clients' responsibility. \$1.00 per appointment will be paid to the Clinic for parking in the Northside Parking Garage.

Instructions about parking in an unnumbered parking spot on Levels 3-6 in the Northside Parking Garage will be provided when your appointment is scheduled. You must have a parking code (provided when your

appointment is scheduled) to enter and exit the Northside Parking Garage.

Locating the Clinic

- Exit the parking garage (walking) on the opposite side of the garage from which you entered on Ireland St.
- Cross Asbury St at the crosswalk at the intersection of New St. and Asbury St.
- Walk South (away from University Dr.) along the West sidewalk Asbury St.
- Look for the Ground Level entrance to Milner Hall, which is the last building on the West side of Asbury St. at the intersection of Asbury St. and Ross St.
- Enter the Ground Level door of Milner Hall and take the elevator to Level 1.
- Exit the elevator and turn to the right to enter the Level 1 main hallway.
- Follow the signs on hallway walls to the entrance to the Clinic, which is a glass door labeled, "TAMU PSYCHOLOGY CLINIC SUITE 101".
- Check-in with Clinic Staff at the reception window of the waiting room.

Milner Hall – North Entrance from Northside Parking Garage



Mindfulness Workshop Program

Clinical Psychology Doctoral Program
Department of Psychology
Texas A&M University
Suite 101 Milner Hall
425 Ross Street
College Station, Texas 77843-4258



For more information, contact Namrata at
(979) 845-8017

6-Week Workshop Group
Wednesdays 6:30-8:00 PM
Begins June 14, 2017

TAMU Psychology Clinic

The TAMU Psychology Clinic is a not-for-profit training facility for the Clinical Psychology Doctoral Program in the Department of Psychology at Texas A&M University.

Behavioral Health services are provided by doctoral students who are completing advanced training under the direct supervision of the Clinical Psychology faculty.

Stress Reduction Program

Research indicates that stress exacerbates pain. When a person is stressed, the reaction is both psychological and physical. In addition, the experience of pain is stressful, thus individuals with chronic health conditions probably experience a considerable amount of stress.

Our mindfulness-based stress reduction program is a 6-session group workshop designed to reduce pain and suffering through relaxation, stress reduction, lifestyle rebalancing, and cognitive techniques.

The program is designed to complement traditional medical treatment approaches provided by your physician if you experience chronic pain or health conditions. Evidence indicates that stress reduction combined with medical care can be more effective than when either approach is used in isolation.

The program consists of six weekly 1.5-hour evening classes. The sessions in this program will cover the following topics:

- Understanding the relationship between stress and pain
- Enhancing your motivation to change
- Pacing activities to build strength without overdoing it
- Learning to relax
- Dealing with disturbed sleep and fatigue
- Improving your relationships
- Combating negative thinking
- Reducing stress via mindfulness

Cost?

\$8 per session for 6 sessions (includes a workbook/workshop guide) for a total of \$48.00. Full payment is due no later than at the start of the first class. Early payment will secure your “spot.” Payment is refundable only if participation is cancelled before the first class.

How Do I Register?

Leave a message for Namrata by calling the Clinic at (979) 845- 8017 8:30 am - 6:30 pm Monday through Thursday or 8:30 am - 2:30 pm Friday.

Location?

Group classes will be held in the Clinic, which is located in Suite 101 (Level 1) of Milner Hall (425 Ross Street) on campus near the “Welcome Aggieland” water tower.

Mindfulness Workshop Staff

Namrata Nanavaty—Doctoral Student

Fenan Rassu, M.S.—Doctoral Student

Mary W. Meagher, Ph.D.—Faculty Supervisor, Professor

Robert W. Heffer, Ph.D.—Clinic Director, Clinical Professor

