

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 motivation to change
- Pacing activities to build strength without overdoing it
- Learning to relax
- Dealing with disturbed sleep and fatigue
- Improving 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