The Department of Psychiatry Invites You to Attend a Two-Part Series:

MEDITATION AND MINDFULNESS
for Deep Relaxation, Learning, and Creativity and Cooperative Relationships that Share Adventures

Taught by Allen Barnes, MD

Part 1: Wednesday
February 11, 2015
12:00 noon - 1:00pm

Part 2: Wednesday
February 18, 2015
12:00 noon - 1:00pm

Feist-Weiller Cancer Center
Tiger Room B-445
(4th Floor)

Doors Open at 11:45am
*Room directions will be emailed with registration confirmation.

LEARNING MEDITATION TO PRACTICE MINDFULNESS

Meditation focuses the mind to find a place of deep relaxation in the brain, and to remember how to get back there, gradually more quickly.

Mindfulness uses this relaxed state to see beyond rigid judgments of good-bad/right-wrong to see people and events as they are.

Practicing Mindfulness reduces falling into anxiety, guilt, depression, and naturally learns to have more accurate empathy with patients and others.

Allen Barnes, MD

Dr. Allen Barnes, Clinical Assistant Professor, Department of Psychiatry, specializes in Cognitive Psychotherapy and Psychiatry. Dr. Barnes is dedicated to meaningful research on Post Traumatic Stress Disorder. Dr. Barnes has practiced meditation and mindfulness daily for over 30 years.