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: Tuesday
October 28, 2014
5:00 - 6:00pm

Part 2: Tuesday
November 4, 2014
5:00 - 6:00pm

Donald J. Zadeck
Conference Center
Building B, Room G-221
(Adjacent to the Atrium Deli)

Doors Open at 4:45pm

Class begins at 5:00pm to better meet the scheduling needs of healing professionals

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
October 15, 2014

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.

COST
There is no cost to take part in this class

REGISTER ONLINE
www.universitypsychiatry.com

FOR MORE INFORMATION
Email abened@LSUHSC.edu
Call (318) 813-2070

AUDIENCE
LSU Health Shreveport and University Health Shreveport Professionals