



Change Your Mind: Introduction to Mindfulness Practice Michael Maslar, Psy.D.

Director, Mindfulness and Behavior Therapies Program, The Family Institute at Northwestern University

Friday, January 27, 2017, 9:30 AM-12:30 PM

Friday, February 3, 2017, 9:30 AM-12:30 PM

Lakeview Center at Gillson Park, Wilmette, IL 60091

NOTE: Both dates are at capacity -- additional dates may be added.

Register for waitlist: www.bit.ly/FANChangeYourMind

Presented by **Family Action Network (FAN)**,
in partnership with Erika's Lighthouse and the Mindfulness and Behavior Therapies Program
at The Family Institute at Northwestern University.

Info: familyactionnetwork.net

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FOR IMMEDIATE RELEASE: MICHAEL MASLAR, Psy.D. – 2 SESSIONS

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Friday, January 27 and Friday, February 3, 2017, Change Your Mind: Introduction to Mindfulness Practice, 9:30 AM to 12:30 PM, Lakeview Center at Gillson Park, 800 Gillson Park Dr., Wilmette, IL 60091. **NOTE: Both sessions are at capacity, and additional sessions may be added – register now at www.bit.ly/FANChangeYourMind to be added to a waitlist.** FAN is honored to offer two separate 3-hour sessions of introductory mindfulness practice led by **Michael Maslar, Psy.D., Director of the Mindfulness and Behavior Therapies Program at The Family Institute at Northwestern University.** Dr. Maslar is a licensed clinical psychologist, clinical supervisor, and clinical trainer. He practices, supervises, and conducts training in mindfulness-based therapies and therapies rooted in Zen and Sufi practice, such as Dialectical Behavior Therapy, Radically Open Therapy, Acceptance and Commitment Therapy (ACT), and other "Third Wave" behavioral therapies.

Dr. Maslar has had a personal practice of yoga and Buddhist meditation (including mindfulness, lovingkindness, and concentrative forms) for nearly thirty years. A skilled trainer, Dr. Maslar has instructed general audiences, as well as well as people in educational, business, and the helping professions, in these practices for over fifteen years." Dr. Maslar is also the co-author, with **Ellen Astrachan-Fletcher, Ph.D.,** of *The Dialectical Behavior Therapy Skills Workbook for Bulimia: Using DBT to Break the Cycle and Regain Control of Your Life.*

These sessions of mindfulness practice are geared towards those newer to the concept, though all are encouraged to attend. Participants will learn about mindfulness and its benefits, and about different sets of mindfulness practices, including seated meditation, movement meditation, and yoga. Participants will engage in each of these, and discussion time will allow for questions and comments. Dr. Maslar will offer suggestions for how to incorporate the mindfulness into day-to-day life. The sessions are offered free of charge. Coffee, tea and water will be provided. Participants should wear modest and comfortable clothing, and bring a sweater or shawl.

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