

Mindfulness

GROUP THERAPY

WHAT IS MINDFULNESS



Mindfulness is a moment-to-moment awareness of one's experience without judgment. In this sense, mindfulness is a state and not a trait. While it might be promoted by certain practices or activities, such as meditation, it is not equivalent to or synonymous with them. Mindfulness is a state that can be brought on through practice. It's not static, nor are some people 'born more mindful' than others. It involves awareness, and impartiality about what we gain from this awareness.

Benefits

Group therapy is a form of psychotherapy that helps people better understand themselves and relate to other people. It will become more mindful of their actions and learn how to express and interpret their present environment. You will create positive connections and increase your self-regulation, attention and personal experiences. Improving Mindfulness will provide benefits throughout your professional and personal lives. Improving mindfulness through gratitude, filtering, and active listening will give participants the advantage of seeing things in a new light.

Group
Therapy

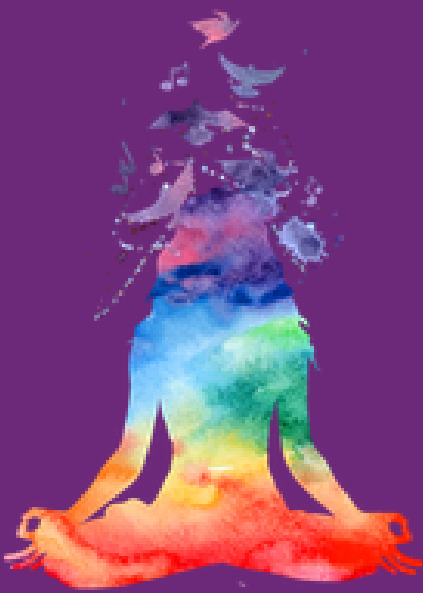
Group Feedback

Connections

Honesty

Practice Interactions

Themes



1. Understanding Mindfulness and defining rules
2. Becoming Comfortable with Vulnerability
3. Attention
4. Acceptance

Location: ReACH Psychiatry (The Clinic, 4th Floor)- #319, 7th main, HRBR Layout, Kalyan nagar, Bangalore-43 (Landmark- Above health and glow, opposite Banaswadi Metropolitan club)

Price: Rs.2,000/Session