



### MINDFULNESS TRAINING – WHAT IS IT?

Mindfulness is a scientifically proven method that helps you cope with your tension related issues.

It can help you to develop skills to deal with the stress and hassle of daily life.

It's based on the evidence-based mindfulness training for adults called MBCT (mindfulness based cognitive therapy).

### HOW DOES IT WORK?

By participating you will learn how to recognise and deal with (negative) or unpleasant pervasive thoughts and feelings.

The practical exercises are aimed towards promoting awareness in your daily experiences.

This will lead to more relaxation, to being able to make better choices and to have more pleasure in the things you do.



### FOR WHOM? IF

- if you experience a lot of stress.
- if you can't stop ruminating or find it very hard to do so.
- if you often feel down or depressed.
- if you are unable to relax.
- if you have trouble concentrating.
- if you have trouble sleeping.



### WHEN NOT? IF

- if you suffer from a severe psychiatric disorder like a psychosis or an acute severe depression.
- if you are addicted to alcohol or drugs.

### PRACTICAL INFORMATION

- The training is open for clients at Adagio as well as external participants. For more info, see "Registration" below
- After registering you will receive an invitation for an introductory meeting a few weeks before the start of the training.
- If you decide to participate you will meet the rest of your group during the first training session.
- The training consists of 8 sessions and a practice day. You are expected to be present every session and at the practice day as well.
- During the sessions we switch off our phones.
- A lot of practising will take place at home, in between sessions.

### REGISTRATION

Do you think this training suits you? The training can be followed as part of your treatment at Adagio. Contact your therapist or register directly by contacting Mara Kats at [mara@adagioamsterdam.nl](mailto:mara@adagioamsterdam.nl). Not a client at Adagio? No problem. The training is open for all participants. Contact Sonja Bloeme at [info@sonjabloeme-mindfulness.nl](mailto:info@sonjabloeme-mindfulness.nl) for information, prices and registration.

When Thursday March 2, 9, 16, 23 and 30, April 6, 13 and 20. Practice day: Saturday April 8th

Time From 18h30 to 21h00. Practice day: 10h00 to 16h00

Where De Nieuwe St. Jacob, Plantage Middenlaan 52 in Amsterdam.

Who The training will be given by Sonja Bloeme, registered Mindfulness trainer, together with Mara Kats, Psychologist at Psychologenpraktijk Adagio Amsterdam.

FOR MORE INFORMATION

TEL. 020 – 7761042

or

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