



MINDFULNESS FOR ADULTS – 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 an evidence-based mindfulness training for adults called MBCT (mindfulness based cognitive therapy).

FOR WHOM? IF

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

HOW DOES IT WORK?

By participating you will learn how to recognise and deal with (negative) 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.

WHEN NOT? IF

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

PRACTICAL INFORMATION

- The training is open for clients of Adagio's.
- After applying 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.
- During the sessions we switch off our phones.
- A lot of practising will take place at home, in between sessions.

FOR MORE INFORMATION



020- 7761042



INFO@ADAGIOAMSTERDAM.NL

HOW TO APPLY

Are you 18 or older and do you think this training suits you?

It can be followed as part of your treatment at Adagio's.

Contact your therapist or apply directly by contacting Mara Kats at



mindfulness@adagioamsterdam.nl

There is a maximum of 10 participants.

TRAINER AND LOCATION

WHO	Mara Kats <ul style="list-style-type: none">• GZ-Psychologist Adagio• Mindfulness trainer Lana Jegen <ul style="list-style-type: none">• GZ-Psychologist Adagio• Mindfulness trainer
WHERE	Adagio <ul style="list-style-type: none">• Plantage Middenlaan 52-A Amsterdam