# More About Mindfulness

## My Experience

Kay has 300 hours of professional training in mindfulness and mindfulness-based programming, primarily through the University of California San Diego Medical School Center for Mindfulness. She has also trained with Jon Kabat-Zinn. Kay has a long term personal meditation and yoga practice.

## What is Mindfulness?

Mindfulness is an approach to life, which includes exercises, techniques and meditations to enhance awareness, improve attention and increase focus. “Mindfulness” comes out of an ancient wisdom tradition and means being totally present in the moment, without judgment. We so often are ruminating about the past and worrying about the future that we miss what is really going on in the present. Tuning in to what is going on with us right now, in the present moment, is the opposite of being on auto-pilot or having monkey mind (where our thoughts jump from one to another like monkeys swinging from tree to tree).

Mindfulness traditions have combined with modern Western psychology and science to produce effective approaches to reducing the symptoms of stress, anxiety and depression. Mindfulness techniques can help people cope with chronic pain, with eating issues and with addictive behaviors. Mindfulness applications are unlimited, and can be used successfully in everything from business to sports.

Clinical research now supports the benefits of mindfulness as a tool for healing the self, making better decisions and being more compassionate

## Programs Offered

Kay is trained to teach and lead groups in Mindfulness-Based Stress Reduction, Mindfulness-Based Cognitive Therapy for Depression, Mindfulness-Based Relapse Prevention and Mindful Self-Compassion. Mindfulness groups are usually conducted as an 8-week class, 2 hours a week, plus a mini retreat day. Kay also lectures and does workshops on mindfulness and mindfulness meditation.

Contact Kay if you have questions or are interested in taking a class or arranging a workshop for your group or workplace.