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Mindfulness Group – Mental Health Association
{{Tentative Syllabus}}

- Week 1 Introduction to Mindfulness; Present-Centered Awareness and Breath
- Week 2 “Making Sense”
- Week 3 Mindfulness in Motion
- Week 4 Mind Full? – Mindfulness of Thoughts and Emotions
- Week 5 Loving Kindness
- Week 6 Values Exercise & Setting Intentions for Future

Description: Group is expected to meet for 60 minutes each week, and will consist of discussion, experiential exercises, and tips and tools to take home and practice. The content of sessions will build sequentially, so attendance at each group is strongly encouraged. Group is expected to run winter 2014-15, and to cost \$10 per session.

About the group facilitator: This group will be led by Joanna Scott, Ph.D., a licensed psychologist in private practice in Brighton, who has previously taught mindfulness classes and workshops for students and faculty at Saint Joseph’s University, Philadelphia, the University of Notre Dame, and the University of Rochester.