



MINDFULNESS COURSE

A SIX-WEEK COURSE

MARCH 8-APRIL 12

Wednesdays 6-7:30 p.m.

Cost: \$400

Instructor: Olivia Harman, MA, MSW, LMSW

Register here or by calling (314) 222-5863.



A significant body of research demonstrates that mindfulness helps to diminish psychological distress while enhancing psychological well-being. Mindfulness helps with anxiety disorders, depression, chronic pain, ADHD, and other forms of mental illness. In this 6-week course you will learn to practice different forms of mindfulness: formal and informal, active and meditative, thereby gaining skills to cope with stress and emotional distress.

ABOUT THE INSTRUCTOR

Olivia Harman, MA, MSW is a therapist at Clayton Behavioral. She specializes in providing cognitive behavioral therapy (CBT) to adolescents and adults struggling with anxiety, depression, and substance abuse, often drawing on mindfulness techniques. She has received training in mindfulness practice and group facilitation at Masterpeace Studios, the Beck Institute, the Missouri Clinical Social Workers Association, and elsewhere.