

Innovative Approach to Mental Health & Addictions Programming

Clearly, people struggling with depression, anxiety, ADHD symptoms, suicidal thoughts, or addiction, have a problem, but if we make the problem the central focus of our time together we're sidestepping what could help them the most.

When the glass is half empty, it doesn't inspire.

The Mindfulness approach celebrates the whole person and their inner capacities, which they strengthen over time.

This is why our workshop series (typically eight weeks) are not a platform for people's backward-looking stories of neglect, trauma, and abuse. The weekly sessions are present-moment oriented, supplemented by assigned readings from my book, *Anxiety, Stress & Mindfulness*, articles, and videos.

The sessions are educational (not therapy)—about Mindfulness and Meditation. Participants develop the practice and make it their own.

I do not have initials after my name because I am not a clinician ("a professional who is qualified in the clinical practice of medicine, psychology or psychiatry.") I am a Mindfulness-Awareness meditation instructor; no initials are needed.

Since we are not clinicians, our Team does not ask people about their diagnoses or medication, preferring to just treat them as *people*. Rather than trying to fix them (glass half empty mentality), we help them become familiar with their own minds through Mindfulness, and develop their inborn capacities for self-awareness, self-kindness, compassion, openness, clear seeing, and well-being.

When participants engage with this training, they typically begin to experience some facility in areas where they were experiencing difficulty. According to pre/post evaluations, many participants see significant improvements in dealing with suicidal/intrusive/obsessive thoughts, difficult feelings and emotions, anxiety, impulsivity, and distractibility.

A little bit about myself: After meeting the renowned Zen master Shunryu Suzuki Roshi in 1968, I was inspired to begin the practice of Mindfulness meditation, becoming a meditation instructor through Shambhala International in 1993. Today I have the good fortune of seeing the transformative power of this practice come to the fore in the lives of workshop participants.

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