

## MINDFULNESS: PRACTICAL APPLICATIONS FOR ALLEVIATING MENTAL AND PHYSICAL PAIN & SUFFERING

NCE is once again proud to offer the Newton and Greater Boston community a series of talks by leading practitioners of Mindfulness. Each speaker will talk about their personal journey and the insights they have gained through the practice of meditation.

**3 Tuesdays & 1 Thursday in May, 7-9pm • \$20/ticket; \$70/series (X5004)**  
 (\$15/ticket or \$60/series if you register before March 15)  
**Newton South H.S. — 140 Brandeis Rd., Newton Center**  
**Limited Seating — Advance ticket purchase recommended**

### MINDFULNESS: PEACE WITHIN THE STORM

Suffering is part of the human condition. We all experience aging, illness, death, and separation from what we cherish. Viktor Frankl, a holocaust survivor, wrote: "The one thing that cannot be taken from Man is his ability to choose his actions in any given set of circumstances." By engaging life's storms with open hearts and aware minds, rather than trying to deny or avoid suffering, we can choose how we relate to life's ups and downs. Drawing on her experience as a mindfulness-based stress reduction teacher, psychotherapist, and cancer survivor, Elana will offer different ways to cultivate equanimity and peace, including guided meditations, stories, and poems.

Elana Rosenbaum, MS, LICSW, a cancer survivor, is a leader in the clinical application of mindfulness meditation to cancer care. A faculty member of UMass Medical School's renowned Stress Reduction Clinic, she is the author of *Herefor Now: Living Well with Cancer through Mindfulness*, the basis of many workshops, and has created audio-CDs with guided meditations.



**Elana Rosenbaum**  
X5004-01 May 4

### MINDFULNESS-BASED COGNITIVE THERAPY: SITTING WITH DEPRESSION, SITTING WITH ANXIETY

Developed by researchers in England and Canada, Mindfulness-Based Cognitive Therapy (MBCT) is an innovative, 8-week group program that has been clinically proven to bolster recovery from depression and prevent relapse. This presentation will explore some of the ways MBCT and related mindfulness practices help people work more skillfully with painful thoughts, feelings and bodily sensations associated with depression, anxiety and other psychological problems.

Jerome Bass, MD, has been a psychiatrist since 1975, serving at a number of local clinics and in private practice. Tom Pedulla, LICSW, is a psychotherapist and a faculty member at the Institute for Meditation and Psychotherapy in Newton. Both have been co-leading MBCT groups for the past three years and are long-time meditators.



**Jerome Bass**



**Tom Pedulla**  
X5004-02 May 11

### MINDFULNESS AND THE TRANSFORMATION OF DESIRE

We live in a realm of desire, but desire need not take over our intentions merely because it is present. With mindfulness and self-compassion we can learn to feel desire as an energy in our bodies and minds. This can create the freedom we need to choose which desires we can act upon without causing harm to ourselves and others. Even if desire is so strong that restraint causes us a sense of torment, we can learn ways to engage compassionately with that torment. Even the strongest habits can be transformed, allowing us to turn towards awakening and true enjoyment of ourselves and our world.

Trudy Goodman has practiced Zen and Vipassana since 1974. She founded InsightLA in Los Angeles, co-founded the Institute for Meditation and Psychotherapy in Boston, and serves both as Guiding Teacher. She is a contributing author to *Mindfulness and Psychotherapy* and the *Clinical Handbook of Mindfulness*.



**Trudy Goodman**  
X5004-03 May 20

### AGING WITH GRACE & THE PATH OF MEDITATION

Are you curious about issues of aging and inner awakening? As you watch yourself age, do you wonder how to move forward with awareness and grace? The practice of mindfulness helps us to answer these questions because it helps us experience our true nature—a place beyond ego, judgments, and anxieties, where our hearts open with compassion and our love can deepen and expand. Olivia will focus on the enlivening power of mindfulness, how it contributes to resilience and helps us meet even the greatest challenges with insight, compassion and wisdom.

Olivia Hoblitzelle has been a pioneer in bringing meditation, yoga, and cognitive therapy into the medical domain. A therapist, writer, and teacher, she is the author of *The Majesty of Your Loving: A Couple's Journey Through Alzheimer's*.



**Olivia Hoblitzelle**  
X5004-04 May 25