

## PRAISE FROM PARTICIPANTS

“HELPED ME IMMENSELY”

“EXTRAORDINARY”

“DEEPLY GRATEFUL”

“EXTREMELY IMPORTANT”

“BACK ON THE ROAD”

“I LEAVE THIS GROUP A DIFFERENT PERSON”

RATED 9.75 OUT OF A PERFECT 10.0 BY PARTICIPANTS.

Participants were asked to rate the workshop based on the question “How important has this program been to you?” where a 1 means “not at all important,” and a 10 means “extremely important.” The overall rating came out at 9.75/10.0.

## THE PROGRAM CONSISTS OF 8 TWO-HOUR SESSIONS ORGANIZED AS FOLLOWS

### SESSIONS 1–4:

Mindfulness training and awareness of negative thoughts

### SESSIONS 5–8:

Handling mood shifts and recognizing early and unique warning signs of depression

Follow-up sessions will be offered.

The group costs \$395. May be insurance reimbursable. This includes the screening interview and eight 2-hour sessions as well as a workbook and CD for home practice of MBCT. Groups are limited to 12 participants. Discounts are available to those in need.

A screening interview is required for all potential participants to ensure a good fit with the program, to provide more information about the group, and to answer any questions you may have. .

Groups meet Monday nights

6:30 – 8:30

West 19th Street

New York City

**Donald Fleck DCSW**

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# MINDFULLY TREAT CHRONIC UNHAPPINESS

Introducing a remarkable, effective teaching to help you free yourself from recurring depression.

Mindfulness-Based Cognitive Therapy

8-Week Course  
Limited to 12 participants

Monday nights  
6:30 – 8:30  
New York City

University Researched

## PEOPLE WITH CHRONIC SADNESS OR DEPRESSION CAN BENEFIT FROM THIS RELAPSE PREVENTION PROGRAM.

This is a teaching to help free you from chronic unhappiness. You can learn a new way of relating to life as it unfolds with Mindfulness-Based Cognitive Therapy (MBCT) for depression.

### WHAT CAUSES DEPRESSION TO RETURN?

For those with a history of chronic sadness it sometimes takes only a small occurrence to trigger a downward spiral back into depression, with a return to thinking and feeling patterns that carry despair, hopelessness and self-criticism. The result may be difficulty with balanced thinking, feeling joy, initiating action, or even feeling ordinary pleasures.

### HOW MBCT WORKS

The associations between events, thoughts, feelings in the mind, feelings in the body, and actions are brought into conscious focus. The program uses both mindfulness and cognitive therapy teachings. Mindfulness of self, sensations, breath, thoughts and feelings increase. Thinking patterns are revealed and can be handled differently. Wise actions can better be planned with a calm body and mind.



This treatment has been proven effective for people with reoccurring depression. Researched, evidence-based treatments are

Described in Segal ZV et.al. Mindfulness-Based Cognitive Therapy for Depression, A new approach to preventing relapse, Guilford Press, New York 2002. Originally published in Teasdale ZD et. al. Prevention of relapse/

recurrence in major depression by mindfulness-based cognitive therapy. Journal of Consulting and Clinical Psychology 2000; 68:615-623.

rare in this field, but, remarkably, extensively published research has shown this mind-body method to be effective. \*It has been praised by Andrew Weil, MD, Aaron Beck, MD, Daniel Goleman, PhD, and Marsha Linehan, PhD.

The mindfulness/cognitive approach is designed to enhance other treatment you may be receiving for depression. Other treatment can continue at the same time as MBCT. However, it is not meant for people currently experiencing major depression; they should get treatment for that first, then begin MBCT.

### ABOUT DONALD FLECK DCSW



Donald Fleck DCSW is a licensed psychotherapist and experienced meditator. For eight years he has been integrating elements of meditation into his psychotherapy practice. While preparing to teach a workshop he came upon a radically new way to use meditation for the treatment of depression: Mindfulness Based Cognitive Therapy. It combined mindfulness meditation and traditional cognitive behavioral therapy, and truly fit the definition of a mind-body treatment. It had been developed in England and Canada by a group of brilliant psychologists, and was greatly shaped by their exposure to the work of Jon Kabat-Zinn at UMass Medical Center.

The method was designed for people not currently “sick,” and so did not fit easily with the current medical model of treatment. How, then, to offer it to people who needed it? While meeting with esteemed colleague Mary Myers they both realized they had an interest in offering this group in New York City, could do it outside the medical

### IF YOU ANSWER ‘YES’ TO ANY OF THESE QUESTIONS, YOU MAY FIND MBCT HELPFUL:

- Have you suffered from more than two episodes of depression in the past?
- Does your thinking rapidly become negative in response to small downward shifts in your moods?
- Do you get sad without solid reasons?
- When your mood goes down, do you find yourself trying to analyze why?
- Does your depression seem to hold on, season after season?

arena, and agreed to run one group together to get started. Praise from participants in that workshop are included in this brochure.

Donald Fleck DCSW is a licensed psychotherapist with Degrees from Duke, Columbia and Fordham Universities. He holds the Diplomate in Clinical Social Work (DCSW), the highest distinction bestowed on clinical social workers by the National Association of Social Workers. At the Jewish Board of Family and Children’s Services he was a social worker/psychotherapist using psychodynamic, cognitive and behavioral therapies, then a senior social worker, Project Liberty therapist, and student intern trainer. He has taught medical interns, psychotherapists and clients mindful ways to manage moods. He has advanced training in leading groups. His meditation teachers include Thich Nhat Hanh, Sharon Salzberg, Jon Kabat-Zinn, and Jack Kornfield. His private practice is in New York City.