

## **About Mindfulness**

### *What is Mindfulness Based Therapy?*

Mindfulness-Based Therapy is an approach in which the principles of mindfulness are applied for therapeutic purposes.

Mindfulness-Based Therapy involves the practice of focused attention, bringing awareness to every sensation, emotion and thought as they unfold in the moment. This practice allows a shift from having our mental health defined by the content of our thoughts to having it defined by our relationship to that content - relationship that is supported by developing acceptance and compassion. In Mindfulness-Based Therapy one moves beyond language to change fundamental psychological processes.

### *Who can benefit from Mindfulness-Based Therapy?*

Mindfulness-Based Therapy fits everyone who seeks therapy for medical, personal and interpersonal reasons. It can be helpful to people coping with conditions such as:

Anxiety /Stress / Depression

Chronic pain

Low self esteem

Grief &Loss

Sleep disorders

Transitions and adjustment

Relationship issues

Couple and family challenges

Senior/Elderly

Weight control

Cardiac dysfunction

Life threatening diseases

Wide research in the last 30 years shows significant reduction in symptoms, better coping skills with stress and overall improvement in the well being of people who learned to practice mindfulness and adopted that approach to their lives.

Mindfulness-Based Therapy serves either as a main therapy or as a support and complementary therapy to traditional medical treatment and psychotherapy.

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Mindfulness-Based Therapy

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