

Mindfulness for Anxiety, Depression & Trauma

This workshop reviews the symptoms of generalized anxiety, major depression, and posttraumatic stress disorder. Participants can learn about Dialectical Behavior Therapy (focused on building skills in the areas of mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation) and Cognitive Behavioral Therapy (focused on how thoughts, mood and behaviors interact).



Goals: Increased understanding of mental health symptoms; effective coping strategies to practice; specifying personal goals and/or goals for treatment.

Mondays: April 23, May 7, May 14

Tuesdays: April 3, April 10, April 17

Fridays: May 4, May 18, May 25

2pm—2:45pm

UW Counseling Center
401 Schmitz Hall

**Please note that this series is not professional counseling and you do not need to be an existing client of UWCC to participate. For directions or other questions, please call the UW Counseling Center at (206) 543-1240.*



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