



PsychotherapyInBoulder.com

John W. Steele, Ph.D

Mindfulness as Medicine for Chronic Pain

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Join psychologist, yoga teacher, and psychotherapist, John W. Steele, Ph.D., for an experiential seminar to introduce you to mindfulness meditation as an approach for managing chronic pain. Mindfulness meditation will help you distinguish pain as physical sensation from the suffering caused by mental and emotional reactivity. To understand how resistance in the form of mental and emotional reactivity intensifies pain consider the following formula offered by meditation teacher, Shinzen Young, 'Pain X Resistance = Suffering.'

In this seminar you will learn strategies for making pain more tolerable by separating it from the layers of mental and emotional reactivity that accompany it. You will gain control over your symptoms by using a meditation technique called "touch and go" to direct your attention toward or away from your pain as needed. The relationship between pain, stress and depression plus cognitive strategies for improving your mood will be introduced.