

+ PROGRAM INFO

Our research-based program consists of individual therapy, weekly skills group, homework as well as written and audio educational and meditation resources. As participants learn mindfulness, cognitive and other coping strategies are taught to offer a range of options to respond effectively to stressors and difficult emotions.

The Choices program is based heavily on the curriculum and concepts of Mindfulness-Based Cognitive Therapy for Depression developed by Segal, Williams and Teasdale. Other mindfulness, cognitive and wellness practices, strategies, and assignments are supplemented based on Susan's training, knowledge and experience.

The program is open to adults who have experienced one or more episodes of depression, anxiety, panic disorder, Bipolar Disorders, co-occurring substance use disorders and co-occurring problems with a medical condition or pain.

- ✓ 12 group sessions that can be repeated
- ✓ 10 participants per group
- ✓ Program covered by most insurance



LOCATIONS:

We have three convenient locations
Telehealth visits are available

📍 10201 Wayzata Blvd., Ste. 100
(Minnetonka Plaza)
Minnetonka, MN 55305

📍 7975 Stone Creek Drive, Ste. 130
Chanhassen, MN 55317

📍 7901 Xerxes Ave. South, Ste. 225
(Xerxes Plaza)
Bloomington, MN 55431

Mindfulness-Based Cognitive Therapy for Depression and Anxiety

Individual Therapy and Skills Group specifically designed to help people with depression & anxiety.

📞 952.544.6806

📠 952-545-0098

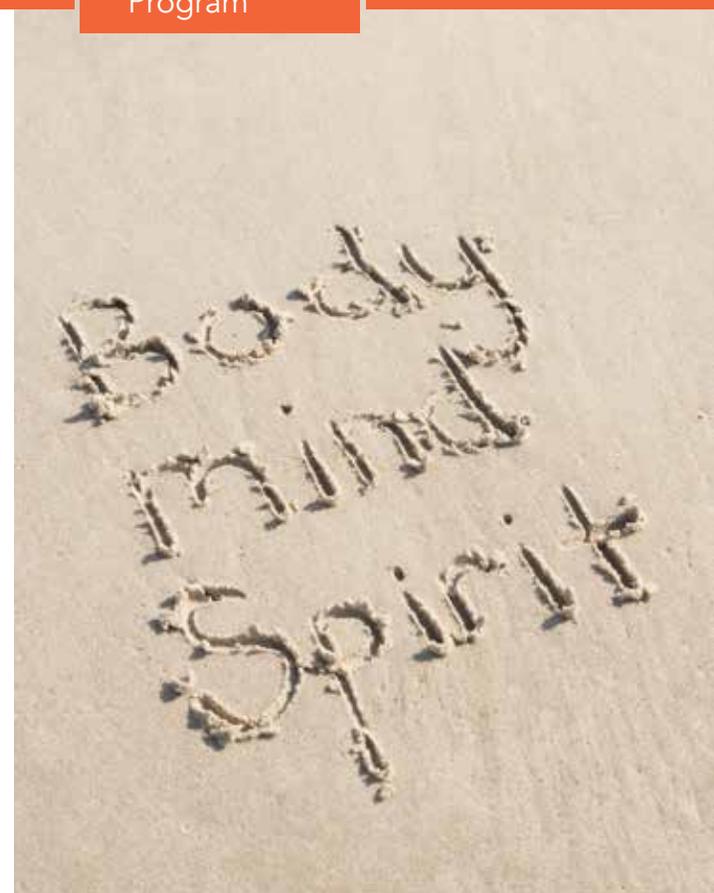
🏠 choicespsychotherapy.net



Our logo, the Japanese symbol for choice, represents our respect and appreciation of all individuals and cultures.

To make an appointment or get information about services, please call our office at 952-544-6806.

We will be more than happy to take the time to assess your needs and discuss your options within our clinic.





Mindfulness... Kindness, Acceptance & Care

It is not just about paying attention or shifting attention, but also about the kind, nonjudgmental quality of the attention that is paid.

Mindfulness is not just a new fad. There is growing research that demonstrates that mindfulness practices can free us from patterns of thinking and acting that keep us stuck in painful emotional states. And mindfulness does not take years of practice to experience positive outcomes. Our program offers practical tools that can open participants to their deepest capacity for wholeness and healing.

Mindfully being aware and letting go of ineffective thinking patterns such as overthinking and ruminating is a core skill. In addition, rather than “fixing” problems or avoiding or suppressing difficult thoughts and emotions, different strategies of awareness, acceptance, and decentering/defusion are taught. All of this allows individuals to experience themselves with less harsh judgment and respond wisely and compassionately to the people and events that impact them. This new way of relating with challenging thoughts and emotions can then reduce the frequency and intensity of mental health symptoms.

+ SUSAN WINSLOW, MA, MSW, LICSW

Susan Winslow shares, “I have experienced first hand in my life the freedom and joy that has come from my mindfulness practice—freedom from negative and hurtful thinking and emotions.” Susan has extensive training in meditation and mindfulness, including attending several residential meditation retreats. She has an ongoing meditation practice, which is identified by the researchers who developed the MBCT program as a key for facilitating an effective program. Susan has worked as a clinical social worker and therapist for over 30 years.

+ CORE THEMES OF MINDFULNESS-BASED COGNITIVE THERAPY

1. It is essential to develop skills to prevent the consolidation of self-perpetuating patterns of negative thinking that escalate negative mood states to recurring episodes of depression, anxiety and other symptoms.
2. Patterns of negative thinking are based on old, well-practiced, automatic cognitive routines (often ruminative). They are often ineffectively motivated by the goal of escaping/avoiding depression, anxiety and/or problematic life situations.
3. Mindfully being aware and letting go of these thinking patterns is a core skill to be learned.
4. Rather than “fixing” or “repairing” problems that might be leading to depression or anxiety, radically different strategies are to be learned:
 - a. Awareness/mindfulness of thoughts, emotions, body sensations, and impulses to act
 - b. Being in the moment
 - c. Decentering—that is, relating to thoughts, emotions, body sensations and impulses as events passing in the body and mind, rather than identifying with them
 - d. Acceptance and kind awareness to what we are experiencing
 - e. Letting go—that is, preventing getting into and stepping out of unhelpful thought and behavior patterns and cycles