

# Mindfulness-Based Emotional Balance

## An 8-week psychoeducational and experiential course

*Discover how mindful awareness can reduce the intensity of gripping emotions.  
Learn to enhance emotional balance through cultivating acceptance and  
compassion toward oneself and others.*

Mindfulness-Based Emotional Balance (MBEB) synthesizes the well-documented methods of Mindfulness-Based Stress Reduction, contemporary emotion research, and compassion practices. This method has been shown to reduce stress, depression, and anxiety, while increasing mindfulness, self-compassion, and resilience.

### Participants in this program will have the opportunity to:

- Learn or deepen a personal mindfulness meditation practice
- Explore emotions such as fear and anger
- Use mindfulness-based strategies to cope with stress and emotional reactivity
- Learn techniques to cultivate kindness, forgiveness, and compassion for ourselves and others

The program is both experiential and educational, and requires some practice between classes. Using mindfulness meditation as our foundation, we'll cultivate an attitude of self-acceptance, and learn to bring mindfulness to all areas of life. With mindfulness, we may increase our capacity to savor what's good, befriend difficulties, and better tolerate a range of emotional experience. People completing this and similar mindfulness-based programs often report being better able to "ride the waves" when the going gets rough.

### Program Components:

- Eight classes and one full day guided retreat
- Classes include meditation instruction and education on emotion and emotional reactivity
- Discussion and questions in group and dyads
- Guided home practice and application in daily life (20-45 minutes per day)

When: Mondays, January 29 through March 19, 2018

Time: 6:15 p.m. – 8:30 p.m.

Retreat: Saturday, March 10

Fee: \$400 includes eight Monday night classes and one full day retreat

Location: Westfield, New Jersey

### Workshop Leader



**Joan Glass Morgan, Psy.D.** is an integrative psychologist. In practice since 1984, she earned her doctorate at Rutgers University, and postdoctoral psychoanalytic certification at NYU. She is an approved Mindfulness-Based Stress Reduction teacher and Mindfulness-Based Cognitive Therapy teacher, and has had mindfulness and meditation training at the Insight Meditation Society, the University of Massachusetts Medical Center, Center for Mindfulness, and the University of California, San Diego, Mindfulness-Based Professional Training Institute.

This psychoeducational class teaches mindfulness skills for daily life.  
Before registering, informational interviews will be offered in person or by phone.

**For more information: Dr. Joan Glass Morgan at 908.654.8737**