

THE FIRST ZEN INSTITUTE OF AMERICA

113 East 30th Street New York, NY 10016 212-686-2520 www.firstzen.org

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Film Series

The Science of Mindfulness:

A Research-Based Path to Well-Being

With Professor Ronald D. Siegel

© 2014 The Great Courses Friday, April 8, 2016 7:30 – 9:30 PM 113 East 30th Street New York, NY 10016

The Science of Mindfulness is a 24-lecture series on centered on research findings surrounding mindfulness and meditation. This screening is going to present modules 5 through 7 in the series:

- Mindfulness or Psychotherapy
- Attention and Empathy in Relationships
- The Science of Compassion and Self-Compassion

Each of these lectures will be followed by a brief discussion period – warranted by the intensity and complexity of the lectures. Dr. Ronald D. Siegel is an Assistant Clinical Professor of Psychotherapy at the Harvard Medical School and an Adjunct Clinical Professor of Psychiatry at the University of Massachusetts Medical School. He is the author or editor of a number of important publications, including: *The Mindfulness Solution: Everyday Practices for Everyday Problems*. These films are being screened courtesy of *The Teaching Company, http://www.thegreatcourses.com*.

Admission is free.

