



THE FIRST ZEN INSTITUTE OF AMERICA

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

會協禪一第國美

Film Series

The Science of Mindfulness: A Research-Based Path to Well-Being

With Professor Ronald D. Siegel

© 2014 The Great Courses

Friday, September 9, 2016 7:30 – 9:30 PM

113 East 30th Street New York, NY 10016

The Science of Mindfulness is a 24-lecture series centered on research findings surrounding mindfulness and meditation. This screening is going to present modules 11 through 13 in the series:

11. Connecting with Children and Adolescents
12. Seeing Sadness and Depression in a New Light
13. Befriending Fear, Worry and Anxiety

Each of these lectures will be followed by a brief discussion period. 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.

