



# Mindful Therapy for Anxious Times

Psychiatrist Mark Epstein, MD

January 12, 2019, 10am-4pm  
Fifth Avenue Presbyterian Church  
7 West 55th Street  
New York, NY, 11019

**JOIN** psychiatrist Mark Epstein, MD, and staff from the Psychotherapy & Spirituality Institute for an instructional and experiential day-long conference that will explore how mindful psychotherapy techniques can help manage and decrease anxiety.

This conference is designed for mental health professionals and the general public who are interested in exploring the ways mindfulness can help us cope with precarious political and societal circumstances and events. How do we respond to these difficult times without becoming overwhelmed or cynical? How do we help others remain calm amid the turbulence when we share their worries?

Learn more and register at  
[trinitywallstreet.org/psiconference](http://trinitywallstreet.org/psiconference)

PSI is happy to partner with the Interfaith Center of New York, Trinity Church Wall Street, and St. Bart's to bring you the 2019 conference.

