

## About the Instructor

**Miles Neale, Psy.D., LMHC**, is a licensed psychotherapist integrating meditation into his clinical practice. He is a graduate of the doctoral program in clinical psychology from the California Institute of Integral Studies and earned a Master's degree from New York University, where he conducted research on the health benefits and clinical applications of mindfulness meditation. Dr. Neale received traditional meditation training in Asia and has taught mind/body health programs in university hospitals at Harvard, Columbia, Cornell and Albert Einstein. He is currently a faculty member of the Nalanda Institute for Contemplative Science in New York City.

*“Meditation has been practiced for thousands of years and we now have a large body of evidence to support the value of meditation to focus and calm the mind. Meditation can have lasting effects on your level of happiness and physical well-being. We are thrilled to be able to offer this course at the Hallowell Center.”*

Edward M Hallowell, MD, coauthor *Delivered from Distraction* and *The Childhood Roots of Adult Happiness*

For additional information or to schedule an appointment, please call The Hallowell Center at 212 799-7777.

## The Hallowell Center Meditation Program

*for  
Attentional Control & Self-healing*



[www.adhdnewyork.com](http://www.adhdnewyork.com)

*in partnership with*



Nalanda Institute  
*for Contemplative Science*

[www.nalandascience.org](http://www.nalandascience.org)

*Cultivating Your  
Potential for Happiness*

## About the Program

The Hallowell Mediation Program provides instruction in self-healing concepts and meditation methods in an intensive eight-week educational course. Dr. Miles Neale, a psychotherapist and expert on meditation and its health benefits, will conduct this rigorous program on mindfulness-based psychotherapy. Class time will consist of an instruction and discussion section designed to reinforce conceptual and reflective learning, and a meditation section designed to ground and integrate concepts through experiential practice.

Homework, a mini retreat and optional individual coaching supplement the weekly classes.

The program will facilitate learning of two main theories -- the Four-Truths Framework and the Four-Foundations of Mindfulness. We will also focus on mental stability and emotional self-regulation, and learn mindfulness meditation and compassion meditation techniques.

By the conclusion of the program, clients will understand how to reverse the causal relationship between stress, distraction and unhappiness. Additionally, they will have the tools to develop mental stability, emotional balance and a sense of empowerment.

The centuries old meditative science, leading to inner peace and happiness, has become vital to our urban modern culture of distraction and dissatisfaction.

## Who Can Benefit

Almost everyone who is looking to improve the quality of their lives. Often people participate to address:

1. Stress
2. Overall Health and Wellness
3. Challenges posed by ADHD
4. Energy levels
5. Emotional outlook
6. Focus and Confidence
7. Pain Management

## Curriculum

**Week 1:**  
*Understanding Stress and Distraction*

**Week 2:**  
*Reversing the Stress Cycle*

**Week 3:**  
*Embracing the Freedom to Change*

**Week 4:**  
*Reshaping Attitude, Outlook & Lifestyle*

**Week 5:**  
*Developing Love and Compassion*

**Week 6:**  
*Grounding in the Body*

**Week 7:**  
*Befriending Difficult Emotions*

**Week 8:**  
*Sustaining Equanimity*

## Clinical Studies on Meditation show:

Cognitive Improvements in:

- Concentration, focus
- Mental clarity
- Self-confidence, self-esteem

Emotional Improvements in:

- Distress tolerance
- Emotional balance
- Empathy, Compassion
- Depression, anxiety, anger

Physiologic Improvements in:

- Stress reduction, relaxation
- Blood pressure, hypertension
- Insomnia, energy level
- Pain management

## Program Logistics

Individual pre-class complementary consultation (required): September-October

Class start date: October 27, 2008

Day: Mondays 7-8:30 pm

Total Class time: 20 hours

Class size: Limited to 10-12 participants

## Pre-Class Consultation

A complementary initial private consultation with Dr. Neale is required before being admitted into the program. This is an opportunity to mutually assess your suitability for the program and to tailor specific goals to meet your personal needs. Please call the Hallowell Center at 212-799-7777 or speak with your Hallowell Center doctor or clinician if you wish to schedule a consultation.

## Registration and Enrollment

Program tuition is \$825. Payment in full is due at the start of the program. Enrollees must commit to completing the entire program. To ensure an optimal learning environment, space is limited - so please enroll as soon as possible by calling 212-799-7777.

## Location

Upper West Side of Manhattan at:

The Hallowell Center  
117 West 72<sup>nd</sup> Street  
3<sup>rd</sup> Floor  
212-799-7777