

GREAT MINDS



GREAT IDEAS

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All lectures
begin at 7 p.m.

The 2017-2018 Lecture Series is sponsored by
Helen Stacy
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2017-2018 FACULTY LIBRARY LECTURE SERIES

APRIL 17, 2018

On-Line Mindfulness-based Cognitive Therapy (MBCT): A holistic approach to reduce anxiety, stress and depression.



DR. JONIA. KOEGEL

Assistant Professor,
Business Management

The Center for Disease Control (2016) reported that depression is estimated to cost U.S. employers approximately 200 million lost work days each year, an expense ranging from \$17 to \$44 billion. Combined with other mental disorders such as stress and anxiety, the costs significantly climb.

Researchers have found success using web-based therapies such as mindfulness-based cognitive therapy (MBCT). Web-based MBCT therapy is an easily accessible, holistic approach to reducing reoccurring symptoms of anxiety, stress, and depression. Although web-based therapies have been in existence for nearly 15 years, many suffering from stress, anxiety, and depression are unaware of its availability. The audience in this lecture may opt to experience the benefits of MBCT as various modalities are demonstrated.




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