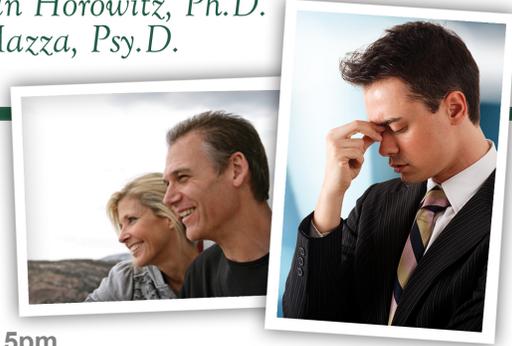




Institute for the Advancement
of Psychotherapy's Bay Area Center for Anxiety

Values Based Living at Work: **A WORKSHOP SERIES**

with Jonathan Horowitz, Ph.D.
& Marisa Mazza, Psy.D.



WHEN: 8 Monday Sessions

Starting: September 30th, 7pm to 8:15pm

WHERE: 1801 Van Ness Avenue, San Francisco

COST: \$35 per session

Do you feel like you're in the wrong job? Are you starting to wonder why you went into your chosen line of work? Are you having troubles making your next move? If so, you are not alone. Many talented, motivated professionals find themselves in frustrating or unrewarding work situations. If you are feeling stuck and you are looking for a push in a new direction, you may benefit from the Values Based Living at Work Educational Workshop series.

This series aims to help you identify and overcome the barriers that keep you from doing work that is truly meaningful to you. Using an evidence-based psychological approach known as Acceptance and Commitment Therapy, we will help you clarify the things that are important to you and integrate them into your work life. The series is comprised of eight sessions running in consecutive weeks and led by two clinical psychologists. Each 75-minute session will incorporate education, experimental exercises, and work-at-home assignments. Topics will include: Identifying Your Values, Setting Goals, and Staying in the Present Moment. We will also teach and practice strategies to help you identify and overcome barriers that keep you from finding the meaningful career you really want.

Dr. Jonathan Horowitz, Ph.D. specializes in the treatment of anxiety, stress, and depression. His clients typically are working with a range of challenges, including workplace issues, relationship problems, and difficult life transitions. Some of them have more severe clinical anxiety disorders. He combines his expertise in evidence-based therapeutic approaches (CBT, ACT, and mindfulness) with warmth, authenticity, and a sense of humor. He completed his doctoral training at the University of Texas, and received specialized training in behavioral medicine (medical psychology) at the UCSD School of Medicine. He also has a particular interest in workplace issues, and works as an executive assessment consultant for the Center for Creative Leadership

Dr. Marisa Mazza, Psy.D. is a health psychologist who works with adults and youth. She provides individual, family and group therapy services. She utilizes cognitive, behavioral and mindfulness techniques to guide her clients through difficult situations. Dr. Mazza has a collaborative yet encouraging approach that highlights ones strengths in order to overcome life's obstacles. Her specialties include, but are not limited to anxiety disorders, depression, and chronic pain. She has experience working in medical and school settings. Dr. Mazza provides consultation to administration and staff about organizational development and mental health. Dr. Mazza is the Director of Training at Frugé Psychological Associates, Inc. and adjunct faculty at California State University.



Institute for the
Advancement of
Psychotherapy

CONTACT INFO: To RSVP or for more information, please email
info@BayAreaAnxiety.com or call (415) 488-5781