

Meditation Program
Center for Neuropsychology and Consciousness (CNC)
Aldrich Chan, Psy.D. Neuropsychologist

About: Dr. Chan is a clinical neuropsychologist and founder of the Center for Neuropsychology and Consciousness. In addition, he is an adjunct professor, course lead, at Pepperdine University and the author of the book *Reassembling Models of Reality*. He conducted research at University of Miami on the Default Mode Network and has publications on multiple subjects including mindfulness meditation with Dan Siegel. Dan Siegel, M.D., one of his mentors and now colleague, received his medical degree from Harvard University and is the co-director of the UCLA Mindful Awareness Research Center. Dr. Siegel is also the Executive Director of the Mindsight Institute, where Dr. Chan worked at for multiple years. Dr. Chan has been practicing meditation for over 10 years. This program will include science supported meditations with Daoist/Zen influences.

PROGRAM DESCRIPTION: One-hour meditations are scheduled twice a week: Thursdays from 5:30 to 6:30 PM, or Tuesdays from 8 AM-9 AM at his office at 2601 SW 37th Ave. Ste. 703, Miami, Florida, 33133. In addition to teaching meditation and engaging in the practice together with small groups (3 - 5), he incorporates neurofeedback to track progress over time.

CODE OF CONDUCT: CNC values and respects the perspectives and diversity of our individuals in regard to ethnicity, nationality, gender, sexual orientation, socioeconomic status, religion, age, and ability status. Thus, it is critical that discussions include respectful dialogue about any issue that impacts the lives of our students, and the individuals, families, and communities that our students serve.

PROGRAM FORMAT : Meditation sessions will be 60 minutes and will begin on time. The first 10 minutes is dedicated to a discussion of a variety of topics related to meditation, in addition to learning how to meditate, before entering the practice. A variety of techniques and types of meditations will be introduced throughout the entire series.

WHY MEDITATE? Benefits as cited in Dr. Chan's book: *Reassembling Models of Reality*:

- Improved attention, cognitive flexibility, executive processing, conflict monitoring, reactive control and rational decision making.
- Decreased emotional reactivity, enhanced the mood and well-being, reduced stress, cortisol levels, depressive symptoms, and anger
- Improved immune function, increase in telomere length
- Changes in brain structure and function correlating to these benefits

INTERESTED? Please email aldrich@drchancnc.com or call [786-505-2824](tel:786-505-2824) for more information.