

PLAYING WITH FEAR!

A FUN WAY TO MASTER ANXIETY

This experiential group incorporates elements of improv theater and Acceptance and Commitment Therapy to promote greater freedom and flexibility in your life.

Through exercises, games and group process we will explore how to:

- Move beyond your fear and master anxiety
- Embrace ALL parts of yourself
- Bring greater joy, creativity and freedom in your life
- Develop self-compassion
- Clarify what matters
- Have fun and play more!



A 6-WEEK COURSE

THURSDAYS 6-8PM

NOVEMBER 5TH- DECEMBER 17TH

\$300

DISCOUNTS AVAILABLE

TO REGISTER OR GET MORE
INFORMATION, CONTACT:

Naropa Community Counseling
303-546-3589

counselingclinic@naropa.edu

FACILITATORS

Brooks Witter loves to play, listen, love, teach and learn with people. He practices this professionally as a therapist, clinical supervisor and coach in private practice in Boulder. He hopes you will join him in exploring how improv, play, mindfulness and group process can help you master anxiety while having fun in the process.

Kristina Radnoti is a 3rd year intern at Naropa Community Counseling. Having a background in Buddhist psychology and Western clinical models, she is passionate about bringing the intersection of mindfulness and play to the therapeutic relationship. She looks forward to this opportunity and invites you to join us in this exploration of moving beyond fear and into more joy, creativity and freedom in your life!

Naropa University welcomes participants with disabilities. Please contact Joy Redstone at jredstone@naropa.edu to inquire about accessibility and disability accommodations needed to participate fully in this event.

For more information: Call 303-546-3589 and
tell them you're interested in the
Playing with Fear group!

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