



# Global Health Lecture Series

## Mindfulness in Practice: Attention Training featuring

**Neetu Arora Smith, Ph.D., LMFT**

Owner and Psychotherapist at *Honor Your Path Counseling*

**Wednesday, March 7  
Noon, ACB 120**

**This presentation is being co-sponsored by the Division of Integrative Medicine as part of an Integrative Medicine Mini-series.**

Mindfulness-based clinical therapies are increasingly recognized as effective interventions for a range of psychological as well as physical conditions. In this workshop, participants will be introduced to mindfulness and its key components, with attendees learning the simple steps of the common types of mindfulness meditations. A demonstration of two experiential exercises using guided instruction will be included.

Dr. Smith believes that mind-body connection is the new frontier of medicine. Dr. Neetu Smith received her doctorate degree in Marriage and Family therapy from Texas Tech University, after obtaining her Masters in Clinical Psychology from Delhi University (India). Currently a Licensed Marriage and Family Therapist (LMFT), she works with individuals with emotional, psychological, or behavioral challenges in her private practice. She uses mindfulness-based therapy and clinical hypnosis to treat anxiety, depression, attention, and sleep difficulties. She also teaches clients to alleviate distress resulting from conditions either brought on by or made worse due to chronic stress states (such as insomnia, headaches, IBS, chronic fatigue, or distress from auto-immune disorders). Prior to her private practice, she worked as the director of mental health programs at StarCare (formerly Lubbock MHMR), a community mental health center.

This event is free & open to the public. Free lunch will be provided to the first 50 attendees. No RSVP is necessary.

For more information about the Global Health Lecture Series, contact the Office of Global Health at  
806-743-2901 or [globalhealth@ttuhsc.edu](mailto:globalhealth@ttuhsc.edu).

Persons needing assistance should contact the Office of Global Health for arrangements.