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Dear Patient:

Please find enclosed information on our 8-week Mindfulness-based Cognitive Therapy for Anxiety and Depression group here at the clinic. Our next session is slated to begin January 31<sup>st</sup> for the Monday group being led by Lacey Schmidt (9:30-12) and February 1<sup>st</sup> for the Tuesday groups being led by Stuart Jones and Jack Nitschke (2:30-5). At this point, it looks like the group will still be held in a virtual format via WebEx.

I have also attached our screener and email consent form. If you are interested in participating in this group, please fill out, sign and email back these documents. **Once received, if the criteria are met, I will contact you to set up a pre-group appointment with one of the group leaders via the email address you provide on your screener/consent, so please be sure to check your email.** Appointments for the Winter/Spring group are being scheduled.

Please note that groups fill on a first-come, first-served basis, so timeliness in returning the documents is crucial. I also correspond via email after documents are received, so please provide me with an email address you check and/or make a point to check your email for appointment/group information.

Please read thoroughly the group information attached **before** filling out your screener.

A handwritten signature in blue ink that reads "Megan E. A. Kasdorf".

Megan E. A. Kasdorf  
Mindfulness Group Administrator  
[mkasdorf@wisc.edu](mailto:mkasdorf@wisc.edu)

Attachments