

Craving to Quit

WELLNESS PROGRAM

QUIT SMOKING WITH MINDFULNESS

The Craving to Quit group gives you the practical skills to quit smoking. Led by Dr. Matthew Kendra, a psychologist in collaboration with Dr. Judson Brewer, program innovator, addiction psychiatrist and mindfulness training expert.

Join the program that has doubled the quit rate over other leading treatments. Learn concrete mindfulness skills to help you conquer cravings. Used alone, or in combination with smoking cessation medications, the group is 6 weeks long and members are welcome to stay beyond the program.

Each session addresses a specific topic, teaches hands on mindfulness practices, and provides support as you go through the quitting process.

Group sessions will focus on:

- How habits are formed
- Using mindfulness to work through cravings
- Coping with triggers
- Managing difficult emotions

Matthew Kendra, PhD

Matthew Kendra, PhD, is a psychologist at Stanford University School of Medicine, Department of Psychiatry. He specializes in substance use and dual diagnosis (substance use disorder + another mental disorder), is trained in mindfulness, and has extensive experience leading smoking cessation treatments.

APP/WEB-BASED SUPPORT

CRAVING TO QUIT app was developed by Dr. Judson Brewer, an expert in mindfulness and smoking cessation, and group members can use the app in conjunction with the group. **Discount will be provided for group members.**

To join the group please call **650.498.9111**, or for more information visit: stanfordhealthcare.org/smokingcessation