



MBSR Mindfulness Based Stress Reduction

What is the MBSR Program?

The Mindfulness Based Stress Reduction (MBSR) is part of SAMHSA's National Registry of Evidence-based Program and Practices that was first developed by Dr. Jon Kabat-Zinn in 1979 at the University of Massachusetts Medical Center. Since then it has been featured on Bill Moyer's PBS documentary series (1993) - Healing and the Mind, in the Time and Newsweek as well as in numerous research studies in medicine, psychology and neuroscience. Dr. Jon Kabat-Zinn also wrote the book - Full Catastrophe Living, which describes the MBSR Program in detail.

What does the program involve?

The MBSR course is an 8-week, nine session program. Participants attend a 2.5-hour class once a week for eight weeks and one full day session. The program involves mindfulness meditation training and practice, yoga and body awareness training, exploration of patterns of thinking, feeling and action, brief lectures and group discussions.

Who is it for?

Mindfulness training is useful for a broad range of people with diverse backgrounds, ages, interests and levels of well-being. People self-refer or are referred by their doctors or therapists because of physical and emotional stressors in their lives. Many enroll because, although they are feeling well physically, they say the pace of their lives is "out of control" or they're "just not feeling quite right" and want more ease and peace.

How does it work?

Over the eight-week program, participants learn skills that allow them to become aware of their experience in the present moment. The course provides an opportunity to examine and reflect on the patterns of one's own mind, feelings and

actions, and to gently interrupt patterns of self-criticism and unhelpful actions. We learn how to accept and embrace the full range of experience that life inevitably brings.

References:

Kabat-Zinn, J. (2005). *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness*. New York, USA: Hyperion.
Kabat-Zinn, J. (1990). *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. New York, USA: Bantam Dell.

All Classes meet on Fridays from 9:30 AM to 12 Noon at F3, 4141 Geary.

* Facilitator, *Mikyong Wessel MFT*, is a UMass Medical School Center for Mindfulness trained and qualified MBSR teacher.

Spring Cycle

Orientation: February 16
February 23, March 2, March 9, March 16, March 23, March 30, Day-long on March 31, April 6, April 13.

Summer Cycle

Orientation: June 1
June 8, June 15, June 22, June 29, July 6, July 13, Day-long on July 14, July 20, July 27.

Fall Cycle:

Orientation: September 7
September 14, September 21, September 28, October 5, October 12, October 19, Day-long on October 20, October 26, November 2.

Call 415-833-2292 to register for orientation

Cost: Group Co-pay