



## MBSR™ mindfulness-based stress reduction FALL 8-week class

**PROGRAM** Although stress is at the cause of many physical illnesses and psychological disorders, it is not often diagnosed or treated at the root level. There are very few resources that effectively treat stress as a condition. MBSR™ is an 8-week intensive course, backed by 39 years of research, proven to reduce the symptoms of stress and anxiety. Utilizing curriculum developed by Jon Kabat-Zinn, Ph.D., the course is designed to teach mind-body awareness, recognize and put to use our inner psychological resources to respond to toxic stress, increase stress hardiness, focus, creativity, regulate emotions, and allow a greater sense of self-care and well-being.

### **Course Objectives**

- How to stabilize and focus attention to mobilize and put to use internal psychological resources for greater self-care.
- Identify Automatic Habitual Stress Reactivity and Mindfulness Mediated Stress Response, and respond more wisely to stressful events.
- How to work skillfully with difficult emotions, thoughts, and unpleasant physical sensations.
- Techniques to respond more wisely to stressful events and difficult communication.
- Recognize judgments, bias, negative thought patterns and reactivity in a more non-judgmental, engaged manner by cultivating self-compassion, embodied presence, empathy and acceptance.
- Create a personal, on-going mindfulness meditation practice.

**AUDIENCE** Adults, CEUs available for therapists, teachers, counselors, clergy, spiritual directors

**DATE/TIME** **Required Orientation:** Tuesday, August 21, 1:00-2:30PM  
**Class Times:** Tuesdays, September 4 – October 23, 1:00-3:30PM  
**Day of Mindfulness Retreat:** Saturday, October 13, 9:00AM – 3:00PM

**TUITION** \$250 per person

**LOCATION** Des Moines Pastoral Counseling Center / 8553 Urbandale Avenue / Urbandale, IA

**REGISTRATION** [www.dmpcc.org/mindfulness](http://www.dmpcc.org/mindfulness)  
Registration Deadline: August 14, 2018

**FACILITATOR** Allison Peet is a qualified MBSR™ Instructor trained at UMass Medical Center for Mindfulness, founded by Jon Kabat-Zinn, PhD. She is trained through Mindful Schools and teaches mindfulness to youth, K-12. She's completed 21 full days of silent meditation retreats to date and is working toward a 200-hour therapeutic yoga teacher certification. Allison has a personal path of living and working with chronic stress and anxiety which is why she started her own business, *From Within Wellness, LLC* to be of service to others.

