



MBSR™ mindfulness-based stress reduction Winter 2020 {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 40 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 Please choose: **Morning or Afternoon**
Required Orientation: Monday, January 27, 2020 9:00-10:30AM **OR** 1:00-2:30PM
Class Times: (Feb 10, 17, 24, Mar 2, 9, 23, 30, Apr 6) 9:00-11:30AM **OR** 1:00-3:30PM
Day of Mindfulness Retreat: Saturday, March 28, 2020 9:00AM–3:00PM

TUITION \$265 per person

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

REGISTRATION www.dmpcc.org/mindfulness Deadline: Monday January 20, 2020

FACILITATOR Allison Peet, RYT200 is a qualified MBSR™ (Mindfulness Based Stress Reduction) 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 and is also a registered yoga instructor. She's completed multiple week-long silent meditation retreats and has a daily practice. Allison has a personal path of living and working with chronic stress and anxiety which is why she started her own business in 2015, From Within Wellness, LLC, to benefit others. She is committed to creating a more mindful community by helping people develop pragmatic life skills in attentional strength, present moment awareness, self-compassion, and stress resiliency.

