



## 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, February 3, 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](http://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.

