



MBSR mindfulness-based stress reduction

Winter 2021 Live online 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.
- 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:** Please attend **ONE:**
Monday, January 11, 2021 5:00-6:30PM (CST) **{or}** Tuesday, January 12, 2021 5:00-6:30PM (CST)
Class Dates & Times: Monday evenings: (Jan 18, 25, Feb 1, 8, 15, 22, Mar 1, 8) 5:00-7:30PM (CST)
Day of Mindfulness Retreat: Saturday, February 20, 2021 9:00AM-2:00PM (CST) on Zoom

TUITION \$295 per person (approx. \$11 per in-person class time hour – 26 total hours class time)

LOCATION Live online via Zoom. High-speed internet connection is required. Laptop or desktop with speaker, microphone, and video capability: please, no phones

REGISTRATION www.dmpcc.org/MBSR Deadline: Friday, January 8, 2021

FACILITATOR



Allison Peet is a certified MBSR (Mindfulness Based Stress Reduction) Instructor trained at the UMass Center for Mindfulness where MBSR was created by Jon Kabat-Zinn, PhD, and the Mindfulness Center at Brown University. Both schools are the gold standard for exceptional mindfulness training. She's taught since 2016 and has 135 graduates of the course that have reduced perceived toxic stress levels an average of 34%. Of those graduates, 81% lowered their stress levels. 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.