



MBSR: mindfulness-based stress reduction WINTER 2022 {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 42 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:** Wednesday, January 12, 2022 – 6:00-7:30pm CST live online
Class Times: 8 consecutive Wednesdays: January 19 – March 9, 2022– 6:00-8:30pm CST live online
Day of Mindfulness Retreat: Saturday, February 19, 2022 – 9:00am-3:00pm CST live online

TUITION \$350 per student (approx. \$13 per class time hour – 26 total hours class time)

LOCATION Live online via Zoom

REGISTRATION dmpcc.org/MBSR Deadline: January 5, 2022 (or until the group maximum is reached)

FACILITATOR Allison Peet is a certified Mindfulness Based Stress Reduction (MBSR) Instructor trained at UMass Center for Mindfulness, founded by Jon Kabat-Zinn, PhD and the Mindfulness Center at Brown University. She is trained through Mindful Schools and is a certified Buteyko Breathing Method coach and registered yoga instructor (RYT200). She's taught since 2015 and hundreds have graduated from her MBSR program. Based on a pre and post self-evaluation, 80% of grads lowered their perceived stress, and reduced stress levels an average of 34%. Allison completes multiple week-long silent meditation retreats and has a regular practice.

