

# 8 Week - Mindfulness Based Stress Reduction Training (MBSR)

## Mindfulness: Changing your relationship with the present moment

We offer the full 8-week, 9 Session - MBSR Training developed by Jon Kabat-Zinn at the University of Massachusetts Medical School. This scientifically evaluated experiential program has been shown to offer its participants a better understanding of the interplay between mind and body; allowing for greater access to inner resources for coping, growing, and healing. MBSR training is an approach that combines meditation, dialogue, reflective inquiry, and mindful movement as means of assisting participants to work more effectively with stress, pain, and illness as well as the challenges of life in today's world. The increased sense of wellbeing that participants cultivate in practice has been well documented in numerous research studies.

### What is Mindfulness?

Mindfulness in everyday life is the ultimate challenge and practice. It is a way of being, of seeing, of tapping into the full range of our humanity – often seen in playful children fully experiencing life in the here and now. Mindfulness is described by Jon Kabat-Zinn (1994) “as paying attention in a particular way: on purpose, in the present moment and non-judgmentally.” The attitudinal foundations of mindfulness practice include – non-judging, patience, beginner’s mind, trust, non-striving, acceptance and letting-go.

Through the practice of mindfulness, individuals can become more aware of their thoughts, feelings and body sensations in the present moment. This observing, non-reactive perspective enables you to consciously respond with clarity and focus, rather than react out of a habitual pattern. It opens up the possibility of working more wisely with difficulties in life and choose what is nourishing to ourselves and others.

### What is the MBSR Program?

The Mindfulness Based Stress Reduction (MBSR) program was first developed by Dr. Jon Kabat-Zinn in 1979 at the University of Massachusetts Medical School. Since then it has been featured on Bill Moyer's PBS documentary series (1993) - Healing and the Mind, in Time and Newsweek publications as well as a part of numerous research studies in medicine, psychology and neuroscience. Dr. Jon Kabat-Zinn also wrote the book - Full Catastrophe Living, which describes the MBSR Program in detail.

If you would like to see a 10-minute YouTube clip that gives you an overview to the Mindfulness Based Stress Reduction program - including its history, rationale and scientific benefits from the founders at the Center for Mindfulness - University of Massachusetts - please click on the following link:

<https://www.youtube.com/watch?v=T4eITyQoGTo>

### What does the program involve?

The MBSR course is an 8-week, nine session course. Participants attend a 2.5 hour class once a week for eight weeks as well one full day session (which is generally between the sixth and seventh sessions). The program involves mindfulness meditation training and practice, yoga and body awareness training, exploration of patterns of thinking, feeling and action, brief lectures and group discussions - including inquiry during group time with individuals, individual feedback and support as well as a commitment from the participant to practice daily using the provided practices and materials.

Throughout the course you are offered a systematic training in mindfulness - learning how to cultivate an observant, accepting and compassionate stance towards your thoughts, emotional states, body sensations and impulses. Specific information about stress physiology, cognitive behavioral strategies, interpersonal communication and implementing self-care are also given. The core formal mindfulness practices taught include a body scan, sitting meditation with concentrative focus on the breath, mindful Hatha Yoga and sitting meditation that expands the focus of attention to choiceless awareness.

### **Who is it for?**

Mindfulness training is useful for a broad range of people with diverse backgrounds, ages, interests and levels of well-being. People self-refer or sometimes are referred by their doctors or psychologists because of physical and emotional stressors in their lives. Many enroll because, although they are feeling well physically, they say the pace of their lives is "out of control" or they're "just not feeling quite right" and want more ease and peace. Mindfulness training can enhance learning, concentration, creativity, personal resilience and professional effectiveness.

For people with job, relationship and family pressures, it can help with all kinds of day-to-day stress symptoms including headaches, irritability, high-blood pressure, fatigue and sleep disturbances. It can reduce suffering even for those with serious conditions including mild depression, anxiety and panic disorders, cancer, heart disease, diabetes, respiratory disease and chronic pain.

### **How does it work?**

Over the eight-week program, you learn a number of key skills that allow you to tune into and become aware of your experience in the present moment. Firstly, you establish a routine of spending some time each day by yourself formally practicing mindfulness meditation. By choosing to engage in this practice you will learn how to cultivate deep states of relaxation and well-being. You will also learn how to bring a moment-to-moment awareness to your experience, and then apply this awareness so you can respond - rather than react in habitual ways - to everyday life situations. This becomes much easier to do when you are regularly practicing the formal meditation each day.

The course provides an opportunity for you to examine and reflect on the patterns of your own mind, feelings and actions, and to gently interrupt patterns of self-criticism and unhelpful actions. We learn how to accept and embrace the full range of experience that life inevitably brings - pleasurable, joyful and expansive experience as well as painful conditions in their various forms - worry, anxiety, tension, impatience, anger, grief, sadness and even despair. Moving towards these conditions with an inquiring attitude, rather than trying to hold on to them, or to escape or avoid them, can bring some surprising and refreshing results.

Register online at [www.mapsti.com](http://www.mapsti.com)

For additional information call the Mindful Awareness in Public Safety Training Institute 1-858-621-1544 or email [info@mapsti.com](mailto:info@mapsti.com) for more information.

**Mindful Awareness in Public Safety Training Institute, LLC**  
PO Box 263 Del Mar, CA 92014

