

Presented by:
Lotus Counseling: Mindful
Psychotherapy

Facilitated by:
Laura Foulds, LMFT, RYT

MBSR

MINDFULNESS BASED STRESS REDUCTION

DESCRIPTION

Developed at the UMASS Medical Center by Dr. Jon Kabat-Zinn, Mindfulness-based stress reduction is an eight-week evidence-based program that offers secular, intensive mindfulness training to assist people with stress, anxiety, depression and pain. The basis of the program, which teaches skills in mindfulness, meditation, and gentle yoga, is what Kabat-Zinn calls, "moment-to-moment, non-judgmental awareness." Since its inception, MBSR has provided consistent and reliable clinical relief for the following physiological conditions: Anxiety, Asthma, Cancer, Chronic Pain, Diabetes, Depression, Fibromyalgia, Gastrointestinal, Heart Disease, Hot Flashes, Hypertension, Mood Disorders, Sleep Disturbances, Stress Disorders, etc.

OBJECTIVES

Practicing Mindfulness empowers people to take an active role in their own health and well-being and teaches them to live and operate more from the present moment. Rather than feeling scattered with thoughts of past ruminations or potential future threats, participants in the 8-week MBSR intensive learn to respond more effectively to stress.

MINDFULNESS IS

Mindfulness is the skillful practice of paying attention to the present moment with intention and without attachment.

MINDFULNESS IS NOT

Mindfulness is not about merely clearing the mind, mentally checking out, or the avoidance of thoughts or "negative" emotions.

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MBSR IS FOR

Anyone. More specifically, anyone who may be suffering from disease whether expressed physically in the body or mentally in the mind, and who is interested in a holistic but evidence-based approach to managing stress, anxiety, depression, or pain. MBSR is for anyone looking to take a more proactive approach towards finding a more harmonious relationship with his/her physical and mental health. Beginners welcome - no prior experience necessary.

CLASS DETAILS

26 hours personalized instruction total + Self-guided Homework
Eight 2 hour classes
One 6 hour meditation retreat
Guided instruction in mindfulness meditation, gentle stretching,
mindful discussion, access to recorded practices, workbook

INVESTMENT

\$499 upfront OR \$575 installment plan
[Compare Austin, \$600, UMASS \$800]

PRESS

MBSR is highly respected in the medical community, and has been featured on the Oprah Winfrey Show, NBC's Dateline, ABC's Evening News, PBS in Bill Moyers' documentary on Healing the Mind, and hundreds of newspapers and magazine articles. In February 2014 it was featured on the cover of Time Magazine.

A NOTE FROM YOUR FACILITATOR

We are living in a time where the availability of information and stimulation is more prevalent than ever. Mindfulness has become somewhat of a buzzword in our culture recently, although this ancient philosophy is about much more than just quieting the mind.

A common misconception about Mindfulness assumes it is a means to escape or avoid reality. In truth, when we practice pure, unbiased attention to the present moment, we are slowing down to explore all of the details and nuances of our experience. Therefore, we are actually getting really REAL with ourselves instead of merely mentally checking out.

The challenge then becomes, what to do with the awareness? For all of the energy that we are now able to give over to our anxieties, consequently, we have the space to increase our awareness and significantly shift our mental patterns away from dis-ease and towards greater harmony and well-being.

So, what might YOU be able to do, WHO might you be able to BE, if you were able to experience the moments of your life with greater presence, wholeness, and truth? It is truly an honor to be able to hold space for others, regardless of where they are on their journey through this life. To be able to help others reduce stress and tension and find greater ease in their bodies, minds, and spirits is my passion and life's work.

Sincerely, Laura Foulds, M.S., LMFT, RYT