Mindfulness-based Stress Reduction

WHAT IS MBSR?

Mindfulness-based Stress Reduction (MBSR) is an eight-week program developed by Dr. Jon Kabat-Zinn in 1979 at the UMass Medical Center. It brings a form of meditation known as mindfulness into the medical mainstream. Learn how to take better care of yourself through the interplay of mind and body – and mobilize your own inner resources for coping, learning, growing and healing. MBSR has established a strong scientific evidence for a variety of conditions including chronic pain, insomnia, hypertension, fatigue, anxious and depressed moods, etc.

STRUCTURE OF MBSR

- **Duration of group**: 8 weeks; Session length: 2-hour weekly sessions
- **Number of group members**: 10-12; minimum number to start group: 10
- **Clothing**: loose fitting, layered, comfortable clothing which will allow gentle stretching and sitting; water bottle with lid to help stay hydrated; No scented lotion or perfume, etc.
- **Other items to bring (optional)**: yoga mats and cushions
- **Counterindications**: active psychosis, active substance use, cognitive impairment, high suicidality

GROUP FACILITATOR

Hui Qi Tong, Ph.D., Licensed Clinical Psychologist and Jon Kabat-Zinn certified MBSR trainer, will lead the group through:

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful yoga
- Group dialogue and discussions aimed at enhancing awareness and optimizing coping in everyday life
- Daily home assignments
- Home practice audios

Dr. Tong is open to accept a psychology trainee or psychiatry resident who is interested in MBSR to participate in the group and help with group prep work. Completion of this MBSR program satisfies one of the prerequisites for MBSR teacher training programs.

To register, please call the Stanford Center for Integrative Medicine or have your care provider make a referral

(650) 498-5566