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 to 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
- **Other items to bring (optional):** yoga mat and cushion
- **Counterindications:** active psychosis, active substance use, cognitive impairment, high suicidality

COURSE INSTRUCTOR

**Hui Qi Tong, Ph.D.**
Director of the Mindfulness Program, Stanford Center for Integrative Medicine
Dr. Tong is a Jon Kabat-Zinn certified MBSR trainer and supervisor. She specializes in Mindfulness-based Interventions, trauma recovery, women’s mental health, and global mental health. She 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

This group will be co-facilitated by psychology practicum students from the PGSP-Stanford PsyD Consortium

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