

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

VENUE	Class will be taught via Zoom
TIME	Fridays 10 am-noon (February 19--April 9, 2021)
REFERRALS	Group is for established patients through the Stanford Center for Integrative Medicine and the Stanford Department of Psychiatry and Behavioral Sciences.

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

 (650) 498-5566

