

About the Program

The program consists of 8 two-hour sessions and includes:

- a telephone interview/orientation session;
- guided instruction in mindfulness meditation practices;
- a program workbook;
- gentle stretching—mindful yoga;
- inquiry and application into experiences of daily living;
- group dialogue, and;
- home assignments.

Participants are asked to dress comfortably and to bring a blanket or yoga mat and pillow for some meditation exercises. Sitting meditation will be conducted using chairs. No experience with meditation or special postures is required.

Expect a commitment of 30 to 45 minutes of homework daily during the running of this program.

Registration

Applications are accepted on a first-come, first-served basis. Class size is limited to 20 participants.

Groups are ongoing. Please call **905.428.1404** for more information or to attend a pre-program information session.

Early registration is strongly advised in order to complete the screening interview and reserve your space.

Centre for Mindful Therapies

The Centre for Mindful Therapies offers a wide range of and Mindfulness-Based programs to individuals and groups, as well as customized programs for corporate, public agency and medical settings. The programs integrate psychodynamic and cognitive approaches with spiritual psychology to enhance healing and help clients identify, emerge and actualize their authentic nature.

The programs and therapies are for the treatment of:

- Eating Disorders, Compulsive Eating Behaviours and Body Image Issues
- Anxiety and Phobias
- Stress Reduction
- Anger Management
- Relationship Issues
- Depression

Contact Us

For more information about what the Mindfulness-Based Stress Reduction Program can do for you, contact us for a consultation to identify and explore your needs.

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Mindful Therapy for

Stress Management and Stress-Related Disorders



Mindfulness-Based Stress Reduction Program

What is Mindfulness-Based Stress Reduction?

The Mindfulness-Based Stress Reduction (MBSR) is a program developed by Jon Kabat-Zinn, Ph.D. at the University of Massachusetts Medical Center. It provides systematic training in mindfulness meditation as a method for reducing stress and working with medical and psychological symptoms.

MBSR draws on centuries-old meditation practices, but adapts these practices to a modern Western audience. It aims to teach participants to respond to stressful situations "mindfully"- a state in which one focuses on the present moment, accepting and acknowledging it, while observing clearly and separately the mind's cognitive and emotive reactions. This enables people to respond to such situations by making conscious choices instead of reflexive, automatic responses.

With repeated practice, mindfulness allows the participant to develop the ability to calmly step back from thoughts and feelings during stressful situations, rather than engaging in anxious worry or other negative thinking patterns that might otherwise escalate a cycle of stress reactivity and contribute to heightened emotional distress.



Discover the Life-Long Benefits of Mindfulness-Based Stress Reduction!

Benefits of Mindfulness-Based Stress Reduction

Mindfulness-Based Stress Reduction (MBSR) has proven to be profoundly beneficial for thousands of people with stress-related diseases and conditions.

Some of the benefits reported are:

- an increased ability to relax
- a greater energy and enthusiasm for life
- an improved capability to deal with short- and long- term stressful situations
- a lasting decrease in both physical and psychological symptoms
- a significant reduction of pain and enhanced ability to cope with pain

To date, tens of thousands of people have taken MBSR courses at one of the more than 250 MBSR sites around the world.

Research on mindfulness programs indicate that between 85% and 95% of participants find lasting value in the program. The most commonly reported changes include a new outlook on life, and an improved ability to control and cope with pain and stress.

What Conditions Improve with Mindfulness-Based Stress Reduction?

According to a recent article published in *Clinical Psychology: Science and Practice*, which examines the scientific research on Mindfulness, there is very good evidence that Mindfulness reduces **pain, stress, anxiety, panic**, relapse into **depression**, and **eating disorders**. Improvements resulting from the use of Mindfulness have been shown to last up to several years (Ruth, R.A. (2003).

Other research indicates that there is evidence that Mindfulness reduces the symptoms of **fibromyalgia** and **psoriasis**, enhances **relationships between couples**, and improves **immune system functioning**. It has also proven beneficial in the following conditions:

Job and Family Stress

High Blood Pressure

Heart Disease

Chronic Pain

Cancer

Sleep Disturbances

Headaches

Type-A Behaviour

Anger Management

Alcohol and Drug Addiction

Attention Deficit Disorders

"Mindfulness is now gaining ground as an antidote for everything from Type-A stress to chronic pain, depression and even the side effects of cancer treatment." - September 27, 2004, Newsweek