

Mindfulness-based Stress Reduction - MBSR 8 Week Program

An invitation to experiment with greater balance, control and participation in your own life.

Mobilize your mind and body to take charge of your life and cope more effectively with stress, pain or anxiety. Two decades of published research indicates that the majority of people who complete this stress reduction course report:

- An increased ability to relax
- Reductions in pain levels and an enhanced ability to cope with pain that may not go away
- Greater energy and enthusiasm for life
- Improved self-esteem
- Lasting decreases in physical and psychological symptoms
- An ability to cope more effectively with both short and long-term stressful situations.

This is an enjoyable and challenging course. All groups are small to ensure personal attention. To take back control of their life participants are expected to practice a range of exercises each week and some written work –60 minutes a day is required.

This program is modelled on the Mindfulness-Based Stress Reduction (mbsr) program developed at the Center for Mindfulness at the University of Massachusetts Medical School. John has participated in a 7 day professional training program under the direction of Dr. Jon Kabat-Zinn and Dr. Saki Santorelli. He has also been trained in Mindfulness-based Cognitive Therapy (MBCT) at Monash University.

This weekly program consists of eight 2.5 hour sessions and a one day 'retreat'. Following the initial 8 week session an optional regular weekly group, and/or 'top-up half-day' sessions, will be available. The course includes four CD's for use by participants and handouts each week. Individuals need to have a brief telephone interview with John and attend an information session. Details will be provided when you contact John.

The course costs \$350 and will be held on a Monday evening commencing at 7.00pm in Balwyn and will commence on 7 May 2006. This program is run each term on a Monday night.

The group will cost and will be \$350.00 per person and includes all handouts and CDs required for your practice.

For more information about this mbsr program please contact John on 9754 3638 and leave a message - John will call you back

Or email to: jjulian2@bigpond.net.au

A telephone interview is a requirement for entry into the course