



The Mindfulness Institute.ca
TRAINING | RESOURCES | PROFESSIONAL DEVELOPMENT

Mindfulness-Based Stress Reduction (MBSR) for Health Care and Other Professionals

8 Wednesday evenings *plus* 1 Saturday

December 14 - February 8 & January 28, 2017

Mandatory Orientation: December 7, 6:30-9:00 p.m.

Grandview Heights Community Centre
12603 63 Avenue, Edmonton



Mindfulness is increasingly being integrated into a variety of medical, educational, and business settings. The MBSR program developed by Dr. Jon Kabat-Zinn at the internationally acclaimed Center For Mindfulness (CFM), University of Massachusetts Medical School, is the oldest and largest Mindfulness-Based Intervention (MBI), upon which many other MBI's are based. Through attending this program, professionals can experience MBSR and its outcomes in a non-clinical setting with other professionals. By the end of the program, participants will have developed a daily personal mindfulness practice – the necessary foundation upon which to integrate mindfulness into their professional and personal lives.

Completion of the 8-week MBSR program is an essential step in MBSR Teacher Certification with CFM .

Learning Objectives

Participants will:

- Have a direct personal experience of the MBSR program, including its format, content, themes, and exercises, as well as the inquiry and discussion emerging from the program.
- Learn foundational mindfulness exercises practiced in MBSR (and adapted by various other MBI's) to develop their own personal mindfulness practice, gaining the tools to integrate mindfulness into their professional life.
- Complete an essential requirement for anyone considering leading the MBSR program or applying for teacher certification.

Who

Physicians, Nurses, Psychologists, Therapists, Social Workers, and other professionals (Teachers, Lawyers, etc.). Any physician or therapist curious about this program that you have been hearing about from your patients!

Instructor

Priscilla M. Koop, PhD, has had a lifelong interest in stress and coping. She has trained through the CFM, University of Massachusetts Medical School and has taught mindfulness

since 2008. Her training includes MBSR in Mind-Body Medicine, with Drs. Jon Kabat-Zinn and Saki Santorelli, and several mindfulness-related retreats, intensive workshops, and scientific conferences. She retired from an academic career in 2014 in order to teach mindfulness and MBSR with The Mindfulness Institute.ca.

About Us

Founded in 2010, The Mindfulness Institute.ca has taught more than 1,000 students, teachers, healthcare and other professionals, helping them lead a more joyful life and become more productive in their careers.

Registration

Cost: \$675 per person plus GST (\$708.75)

Course Materials (4 CDs and workbook) are included

Registration Deadline: December 5, 2016

The Mindfulness Institute.ca reserves the right to cancel this program due to unforeseen circumstances. If this should occur, registrants will be granted full refunds. A minimum attendance of 20 people is required. **Cancellation Policy:** Cancellations received prior December 5 will be refunded minus a \$100 processing fee. No refunds will be issued after December 12. By applying for the course, you are agreeing to these terms and conditions.

Please see www.mindfulnessinstitute.ca for details and to register.

Contact: joyce@mindfulnessinstitute.ca or call 780-919-0693