

# **MINDFULNESS-BASED STRESS REDUCTION (MBSR) & YOGA FOR THOSE IN MENTAL HEALTH PROFESSIONS**

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**Brant Rogers MS, RYT**  
**The Stress Reduction Clinic at Yoga Hillsboro**

What we term mindfulness is a meditative practice whose ancient roots can be traced to the Indian Subcontinent. That practice has evolved and flourished over 2500 years and across the planet mostly embedded in what western scholars have termed Buddhism in its many forms. The flowering of mindfulness in western society has emerged in a variety of ways over the past century or so and includes in recent decades a host of contemporary medical and psychotherapeutic modalities: mind/body medicine<sup>4</sup>, integrative medicine, MBCT, MB-EAT, DBT, ACT, and many more<sup>2</sup>. In fact the number of research papers published with the word “mindfulness” in the title has grown exponentially in recent years.<sup>2</sup> Likewise, the diverse and related family of practices termed yoga are beginning to find a cordial reception in the halls of main-stream healthcare as well.<sup>11</sup>

The intention of today’s talk is to provide a context for the relevance of mindfulness practice and the learning of it through Mindfulness-Based Stress Reduction (MBSR) and yoga practice. This, I hope, will provide a framework for understanding how this can benefit your personal and professional life and be helpful to those you serve. I am honored to support you in your quest to offer a healing presence through your career.

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