

INTRODUCTION TO MINDFULNESS BASED STRESS REDUCTION (MBSR) FOR HEALTHCARE PROVIDERS

A one-day retreat for physicians
and other healthcare providers
co-sponsored by Tuality Healthcare

SUNDAY MAY 3RD, 2009 10AM - 4PM



Brant Rogers MS, RYT, Marie Pielage PT

THE STRESS REDUCTION CLINIC @ YOGA HILLSBORO
WWW.YOGAHILLSBORO.COM/SRC .ASP 503 640-6006

REGISTERING FOR THIS COURSE

This course provides you with a direct experience of the personal and clinical value of mindfulness practices taught in a full MBSR course. It is for clinicians with an established practice. In order to apply verify that you can do the following:

- Arrive by 10 am
- Plan to be at the retreat all day
- Bring a light lunch with you
- Clip and send in your completed application

Apply early as there is limited space. If the course is full we will place you on the waiting list. Contact us with questions about payment, content, continuing education credit and other details.

COURSE APPLICATION: INTRODUCTION TO MBSR FOR HEALTHCARE PROFESSIONALS

REGISTRATION: Mail or drop off this completed registration form. Include payment by check if appropriate:

THE STRESS REDUCTION CLINIC @ YOGA HILLSBORO
232 NE Lincoln St. Suite O
Hillsboro, OR 97124

Name: _____

Profession: _____

Specialty: _____

Years in Practice: _____

Business: _____

Address: _____

_____ ZIP _____

Business Phone: _____

Email Address: _____

COURSE FEE: \$50 or FREE for TUALITY HEALTHCARE EMPLOYEES

✂ complete, clip and send in

THE RETREAT COURSE

MBSR for Healthcare Professionals is a 6-hour retreat designed to help clinicians experience some of the techniques learned in an MBSR Program. Clinicians know how the stresses of healing professions often distract from the capacity to promote healing in clients and patients. The retreat will be an opportunity to pause, recuperate, and experience supportive practices taught in MBSR courses: mindfulness meditation, gentle mindful movement, thoughtful group learning, and more. You will learn some of the history, research, and the value of MBSR as well as how the program might best support you and your patients or clients.

Applications are being made for continuing education credit: California State Board of Nursing, the California Board of Behavioral Sciences, Oregon Medical Association. Course content outline and detailed documentation will be provided.

Tuality Healthcare is co-sponsoring this course and it will be held at Tuality's Health Education Center at 334 SE Eighth Avenue in Hillsboro across the street from Tuality Hospital. Tuality employees can attend without cost; others for a \$50 fee.

ABOUT MBSR

MBSR was born 30 years ago at the University of Massachusetts Medical Center as a way of helping patients, their doctors and other healthcare providers face stress, illness and pain beyond medical treatment. It is a proven educational complement to medical care and therapy. Tens of thousands of people around the world have taken an MBSR course. Many are referred by their doctor or therapist while healthcare providers often attend the course as well. Jon Kabat-Zinn's Book *Full Catastrophe Living* describes MBSR in detail. Our clinic regularly offers the classic 8-Week MBSR course and an MBSR Introductory Retreat for Healthcare Providers.

Two decades of published research and the results at our clinic show: reduction in pain levels, lasting ability to cope with stress, lasting decreases in physical and psychological symptoms, a greater ability to relax, and greater energy. Students with a variety of challenges are helped with MBSR including: stress from job, family, finances, chronic pain or illness, chronic anxiety or panic, gastrointestinal distress, high blood pressure, headaches, fatigue, fibromyalgia, cancer, multiple sclerosis, heart disease, and more.

What some MBSR course graduates have said:

"This is personally and professionally the best course I've ever taken." - Local MD, Internist, and Retreat graduate

"I have a measure of control, humor, choice and joy back in my life. My situation has not changed but I have." Retired Nurse, MBSR 8-Week Course graduate