



Mindfulness Based Stress Reduction (MBSR) for Health Care Professionals

**10-week Program,
plus all-day retreat**

Day of week: Tuesdays

**Feb. 19, 2019 – Apr. 23, 2019
5:30 p.m. - 7:30 p.m.**

**All-day silent retreat:
Saturday, March 30, 2019
8:30 a.m. to 4:30 p.m.**

Overview:

This 10-week course is geared specifically towards health care professionals and designed to promote both personal wellness and professional resilience and capacity. It provides the unique opportunity for health care professionals to develop their personal mindfulness practice as well as to examine the interface between mindfulness practice and the arts of healing and teaching. Mindfulness is a non-judgmental way of relating to life circumstances so that they can be approached with greater calm, clarity and wisdom.

Over 20 years of research has shown that MBSR participants report:

- Lasting decreases in physical and psychological symptoms
- Greater ability to cope with stress
- Greater facility to learn
- Greater energy and enthusiasm for life

Program Goals:



- To understand the conceptual foundation of mindfulness
- To develop or deepen a personal meditation practice
- To promote personal health
- To promote professional resilience and capacity
- To enhance interpersonal relationships
- To learn to apply mindfulness in clinical practice and/or education

Format:

- Guided mindfulness meditation and yoga practices
- Exercises to enhance awareness in everyday life
- Methods to deepen interpersonal communication
- Discussion of ways to integrate mindfulness into clinical practice and/or education



Facilitators:

Valerie Spironello, B.S.W., M.S.W.

Assistant Professor in the Department of Family Medicine and teaches in the Faculty of Health Sciences. She completed the MBSR Professional Training Program under the direction of Drs. Jon Kabat-Zinn and Saki Santorelli; Mindfulness Meditation in Clinical Practice Training Program, with Michael Stone; and Meditation: Advanced Practice and Teacher Training Program, with Dr. Pradeep Kumar. She also teaches Mindful Communication and DRAM through the PFD. Valerie has attended, as well as co-led, numerous meditation retreats, and has over 15 years of personal meditation practice.

(See www.choosewellness.ca)

Elaine Principi, B.H.Sc.PT., M.Ed.

Assistant Clinical Professor in the School of Rehabilitation Science and Co-Chair of the Program for Faculty Development (PFD) Discovering Resilience Curriculum. She teaches DRAM through the PFD. Elaine has completed numerous courses including: MBSR, Mindful Self Compassion, 16 Guidelines for Life and Mindful Ambassador Council. With 10 yrs. of personal meditation practice and training as an ethics consultant and facilitator of Crucial Conversations, she has taught a wide variety of courses on mindfulness, resilience and communication.

Accreditation Statements:

Participants completing >80% of the course, and full-day retreat will receive an MBSR "Certificate of Completion and PFD Pathways: 27 hrs. – FAST."

Under 80% will receive a Certificate of Attendance for BEST hrs. completed.

Application will be submitted for Continuing Education MOC credits.

Registration Fee includes:

Link to home practice audio exercises, free parking and catered off-site full-day retreat

Please register, with payment by: Feb. 5, 2019

Need more info.? 905-525-9140, x. 22954

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Cancellation Policy: The University reserves the right to cancel an event due to insufficient registration or any circumstances beyond our control.

Participant cancellations received **before Feb. 5, 2019** will be refunded less a 25% administrative fee. **No refunds** will be issued for cancellations received after this date.

Liability: The Program for Faculty Development and the partnering organizations assume no liability for any claims, personal injury, or damage to any individual attending these sessions.

No previous experience needed

Registration Form - MBSR 2019 (Feb 19 to Apr 23)

participants must commit to attend the full program

McMaster Faculty/Residents/Staff \$ 425.00

Staff/physicians working at affiliated organizations: Hamilton Health Sciences (HHS), Hamilton Family Health Team (HFHT), St. Joseph's Healthcare (SJH), McMaster Family Health Team (MFHT); Other-teaching McMaster Health Sciences students \$ 425.00

External - Non-McMaster or Non-Affiliated Organizations (not teaching McMaster Health Sciences students) \$ 650.00

Dr. Prof. Mr. Mrs. Miss Ms.

McMaster Faculty Appointment: Full-Time Part-Time/Clin. Faculty Adjunct Other

Department:

Indicate primary clinical site:

HHS SJH HFHT MFHT
Other please indicate:

Profession:

Firstname:

Surname:

Email:

Address:

City: PostalCode:

Tel: Fax:

Special Dietary Requirements (some accommodations may be available) - Vegetarian Other (specify)

Univ. Dept. acct #

Cheques should be made payable to: **McMaster University** and sent with completed registration form to: **Elda DiCroce** dicroce@mcmaster.ca, fax (905) 528-6552 McMaster University, DBHSC-5004, 1280 Main St. W., Ham., ON L8S 4K1