

“I gained a new way to deal with everyday life. A way to stay grounded and tools to help me do that. I learned so much about how to really take care of myself and have a fresh new way to look at life.”

“I feel that I have some “control” back in my life. I don’t have control over much of what life presents, but I do have control over my responses to it.”

“This has been a life changing (and probably lifesaving) experience for me. I was apprehensive at the start and soon came to look forward to the classes, discussions, homework and practices. I am so grateful for it all!”

“This was one of the best class experiences ever. I gained insights, techniques, concepts and practices to become centered. I have acquired much greater awareness, wholeness and greater acceptance of self, others and life as it is in the moment.”

The MBSR program at OhioHealth is modeled after the internationally-acclaimed and evidence-based MBSR program at the University of Massachusetts Medical Center.

TAKE ACTION TODAY!

Visit OhioHealth.com/StressManagementClasses for upcoming dates. Contact Cheryl Rapose, M.Ed., LISW for more information. Call (614) 566.4448 or email cheryl.rapose@ohiohealth.com.

OhioHealth designates this series of live activities for a maximum of 24.75 AMA PRA Category 1 credit(s).

Physicians should only claim credit commensurate with the extent of their participation in the activity.

Learning Objectives: After participating in this activity, the participant should be more confident in their ability to:

1. Identify stress as it arises and intervene/manage it.
2. Develop the capacity for “presence” using empathetic/compassionate listening skills.
3. Demonstrate thoughtful and responsive behaviors when communicating with others.
4. Identify practices to relax, renew and stabilize.

Disclosure

As an accredited continuing medical education (CME) provider, OhioHealth must insure balance, independence, objectivity, and scientific rigor in all educational activities we sponsor. Faculty and planners participating in sponsored activities must disclose any significant financial interests or other relationships. Any potential conflicts of interest will be resolved and revealed in the course syllabus.



A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM
RIVERSIDE METHODIST HOSPITAL + GRANT MEDICAL CENTER
DOCTORS HOSPITAL + GRADY MEMORIAL HOSPITAL
DUBLIN METHODIST HOSPITAL + HARDIN MEMORIAL HOSPITAL
MARION GENERAL HOSPITAL + REHABILITATION HOSPITAL
O'BLENESS HOSPITAL + MEDCENTRAL MANSFIELD HOSPITAL
MEDCENTRAL SHELBY HOSPITAL + WESTERVILLE MEDICAL CAMPUS
HEALTH AND SURGERY CENTERS + PRIMARY AND SPECIALTY CARE
URGENT CARE + WELLNESS + HOSPICE + HOME CARE
28,000 PHYSICIANS, ASSOCIATES & VOLUNTEERS

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OhioHealth Behavioral Health
*Mindfulness-
Based Stress
Reduction
Program*



The Mindfulness-Based Stress Reduction Program (MBSR)

An internationally recognized and evidence-based program designed to relieve stress-related symptoms and enhance well-being.

The Mindfulness-Based Stress Reduction Program (MBSR) at OhioHealth is a highly effective and extensively researched program offering relief from stress-related symptoms, and promoting enhanced well-being and peace of mind. It is based on the process and practice of mindfulness — a mind/body meditative practice that quiets the mind, releases physical and emotional distress, and increases insight and well-being. Mindfulness is different from other relaxation trainings because it cultivates awareness, insight, personal growth and ease.

Who will benefit

This program is designed for anyone who wants support with real life challenges such as:

- + Living with Greater Health, Peace and Ease
- + Anxiety/Panic
- + Anger
- + Depression
- + Stress
- + Low Self-regard
- + Obsessive-Compulsiveness
- + High Blood Pressure
- + ADD/ADHD
- + Chronic Pain
- + Sleep Disturbances
- + Headaches
- + Fatigue
- + Skin Disorders
- + Heart Disease
- + Serious Illness
- + Type A Behavior

Learn how to:

- + Reduce physical pain, tension and discomfort
- + Quiet the mind and relieve emotional distress
- + Enhance ability to cope and increase resilience
- + Use proven techniques to relax and renew
- + Identify early signs of stress and intervene immediately
- + Choose healthy responses to stressful situations
- + Find a greater sense of peace, ease, pleasure and wisdom
- + Enhance your experience of joy and appreciation

Mindfulness-Based Stress Reduction Program

An intensive, Eight-week immersion into Mindfulness-Based Stress Reduction

What to expect

- + 27 hours of class time
- + Mind-body meditative practices
- + Discussions and explorations
- + Small and large group work
- + Didactic teaching
- + Inquiry processes
- + Daily homework assignments (45 minutes per day)

Course details

- + \$375 fee
- + Offered most quarters
- + 27 total program hours over eight weeks
 - Each weekly class session is 2 ½ hours long and a seven hour retreat day is conducted on a weekend day between weeks 6 and 7
- + Includes text book, workbook and practice CD's

Mindfulness-Based Stress Reduction “Short-Course”

An abbreviated version of the evidence-based eight-week program

What to expect

- + Six hours of class time
- + Mind-body meditative practices (limited)
- + Small and large group work
- + Supportive teachings
- + Daily homework (30 minutes per day)

Course details

- + \$80 fee
- + 6 total program hours over four weeks
 - Each weekly class session is 1 ½ hours long
- + Offered several times per year
- + Includes a modest work booklet and practice CD's