



CENTER FOR MINDFULNESS IN MEDICINE, HEALTH CARE, AND SOCIETY
University of Massachusetts Medical School
Shaw Building
55 Lake Avenue North
Worcester, MA 01655
508-856-2656

The Stress Reduction Program

An Invitation
to Move Toward
Greater Balance,
Control, and
Participation
in Your Life



**CENTER FOR MINDFULNESS
IN MEDICINE, HEALTH CARE, AND SOCIETY**
University of Massachusetts Medical School
Shaw Building
55 Lake Avenue North
Worcester, MA 01655
508-856-2656

An invitation to move toward greater balance, control and participation in your life...

World wide, tens of thousands of people have accepted this invitation. They are a lot like you, and they've learned to integrate into their everyday lives the methods we've developed here at UMass. Two decades of published research indicates that the majority of people who complete the course report:

- ✿ Lasting decreases in physical and psychological symptoms
- ✿ An increased ability to relax
- ✿ Reductions in pain levels and an enhanced ability to cope with pain that may not go away
- ✿ Greater energy and enthusiasm for life
- ✿ Improved self-esteem
- ✿ An ability to cope more effectively with both short and long-term stressful situations.

We call our approach *mindfulness-based stress reduction or MBSR...*

Mindfulness is a way of learning to relate directly to whatever is happening in your life, a way of taking charge of your life, a way of doing something for yourself that no one else can do for you — consciously and systematically working with your own stress, pain, illness, and the challenges and demands of everyday life.

In contrast, you've probably encountered moments of "mindlessness" — a loss of awareness resulting in forgetfulness, separation from self, and a sense of living mechanically. Restoring within yourself a balanced sense of health and well being requires **increased awareness** of all aspects of self, including body and mind, heart and soul. Mindfulness-based stress reduction is intended to ignite this inner capacity and infuse your life with awareness.



Reawakening to what you already are...

Fortunately, mindfulness is not something that you have to "get" or acquire. It is already within you — a deep internal resource available and patiently waiting to be released and used in the service of learning, growing, and healing.

People participate for reasons as diverse as...

- ✿ Stress — job, family or financial
- ✿ Chronic pain and illness
- ✿ Anxiety and panic
- ✿ GI distress
- ✿ Sleep disturbances
- ✿ Fatigue
- ✿ High blood pressure
- ✿ Headaches

They are sent by their doctors or they are self-referred. Many enroll because, although they are feeling well physically, they say the pace of their lives is "out of control" or they're "just not feeling quite right."

A life-affirming course in conscious living...

The course schedule consists of eight weekly classes and one daylong class on a Saturday or Sunday. Morning or evening courses are available. This highly participatory, practical course includes:

- ✿ Guided instruction in mindfulness meditation practices
- ✿ Gentle stretching and mindful Yoga
- ✿ Inquiry exercises to enhance awareness in everyday life
- ✿ Individually tailored instruction
- ✿ Group dialogue
- ✿ Daily home assignments
- ✿ Two audio-cassette tapes and a workbook

The course is challenging and life-affirming. The instructors are accomplished and skilled at creating a safe, supportive, and deeply engaging learning environment.

Orientation Sessions...

Prior to the start of classes, we conduct orientation sessions to provide you with a first-hand *taste* of mindfulness, an opportunity to better understand the course and a chance to meet our instructors.

Orientation Sessions are ongoing, with morning and evening sessions scheduled to meet at the Shaw Building of the University of Massachusetts Medical School Campus, 419 Belmont Street (corner of Belmont (Rt. 9) and Lake Avenue).

The cost of the Program...

The tuition cost is \$600.00 and includes all materials. The program is entirely supported through tuition. We offer a sliding scale based on household income. This is based on an honor system and we ask that you pay as much as you are able to pay based on income.

<u>HOUSEHOLD INCOME</u>	<u>TUITION</u>
\$50,000 or greater	\$600.00 (\$540.00, if paid in full at time of registration)
\$40,000 – \$49,000	\$525.00
\$39,000 and under	\$450.00

Tuition may be paid in full at time of registration or in six monthly payments (charged to Visa, MasterCard, or Discover). Because our goal is to make the Program available to those who could benefit without regard to ability to pay, alternative payment options may be considered. For more information, contact the Center for Mindfulness at (508) 856-2656.

How to enroll...

Orientation sessions are ongoing with morning and evening courses offered fall, winter, spring, and summer. To reserve your place in an Orientation Session for the next cycle of classes or to receive an information and registration packet, **call Leslie or Jean at the Center for Mindfulness (508) 856-2656.**

Background...

The Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School is dedicated to furthering the practice and integration of mindfulness in the lives of individuals, institutions, and in society through a wide range of clinical, research, education, and outreach initiatives in the public and private sector.

The Stress Reduction Program, founded by Dr. Jon Kabat-Zinn in 1979, has been featured in the Bill Moyers' PBS documentary *Healing and The Mind*, on NBC *Dateline*, on ABC's *Chronicle* and in various national print media and is the subject of Jon Kabat-Zinn's best-selling book, *Full Catastrophe Living* and Saki Santorelli's book, *Heal Thy Self*. Since its inception, more than 13,000 people have completed our eight-week Mindfulness-Based Stress Reduction Program and learned how to use their innate resources and abilities to respond more effectively to stress, pain, and illness. The central focus of the Clinic is intensive training in mindfulness meditation and its integration into the challenges/adventures of everyday life.



TEACHING FACULTY

Saki Santorelli, Ed.D.

*Executive Director, CFM
Assistant Professor of Medicine*

Melissa Blacker, MA

Coordinator, MBSR Teacher Development Intensive

James Carmody, Ph.D.

*Research Coordinator
Assistant Professor of Medicine*

Fernando de Torrijos

Coordinator, Cross-Cultural Services

Florence Meyer, MS, MA

Coordinator, Internship Program in MBSR

Elana Rosenbaum, MS, MSW

Senior Teacher

Ferris Urbanowski, MA

Senior Teacher

Here's what a few of our 13,000 graduates have said...

"The Stress Reduction Program became my life line — It literally saved my life. One can find peace and calm in the middle of chaos and confusion." — Amy



"The techniques I learned, particularly meditation, have proven so powerful and helpful..." — Bob



"I never thought once I started living in constant pain that I would ever be able to have peace of mind and enjoy life again. Thank you for proving me wrong." — Elaine



I became aware that when I was acting on impulse, I could stop and not just react. It changed my life." — Wesley



"Thanks UMass, for one of the best gifts I've ever received...Real tools for a healthy, vibrant, mindful life." — Linda



Good Medicine for the 21st Century

**Center for Mindfulness
in Medicine, Health Care,
and Society**

University of Massachusetts
Medical School
508-856-2656