



## Mindfulness Based Stress Reduction (MBSR) for Health Care Professionals

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

**Day of week: Tuesdays**

**Sept. 16, 2014 - Nov. 25, 2014  
5:30 p.m. - 7:30 p.m.**

*(no session on Oct. 28, 2014)*

**All-day silent retreat:  
Saturday, Oct. 18, 2014  
8:30 a.m. to 4:00 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:

**Anna Taneburgo, B.S.W., M.Ed.**

Completed the MBSR Professional Training Program under the direction of Drs. Jon Kabat-Zinn and Saki Santorelli, followed by the Professional Practicum at the Centre for Mindfulness. She has led several MBSR groups in healthcare settings and teaches Mindfulness Yoga in the community. She has over 20 years of personal meditation practice, including participation in numerous extended retreats with teachers from various traditions.

(See [www.wholehealing.ca](http://www.wholehealing.ca))

**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 has attended, as well as co-led, numerous meditation retreats, and has over 10 years of personal meditation practice.

(See [www.choosewellness.ca](http://www.choosewellness.ca))



**PFD Academic Pathways** (applicable to McMaster Faculty of Health Sciences faculty/residents/staff)



### 27 hrs - FAST Pathway

#### Registration Fee includes:

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

Please register, with payment by: **September 12, 2014**

**Cancellation Policy:** The University reserves the right to cancel an event due to insufficient registration or any circumstances beyond our control. Cancellations received **before Sept. 12, 2014** 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.

Limited enrollment: Register Today !

## Registration Form - MBSR 2014 (Sept. 16-Nov. 25)

participants must commit to attend the full program

McMaster Faculty/Residents/Staff  \$ 325.00

Partnered Organizations: Staff/physicians working at supporting organizations: Hamilton Health Sciences (HHS), Hamilton Family Health Team (HFHT), St. Joseph's Healthcare (SJH), McMaster Family Health Team (MFHT)  \$ 325.00

External - Non-McMaster or Non-Partnered Organizations:  \$ 850.00

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: \_

Prof. GP  EP  FP  RN  RN(EC)  RES   
Intern  OT  PT  SW  Midwif  Specialist   
Other  please specify

Firstname:

Surname:

Address:

City: \_\_\_\_\_ PostalCode: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

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

University Depart. account # \_\_\_\_\_

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, MDCL 3510, 1280 Main St. W., Ham., ON L8S 4K1 Need more info? 905-525-9140, x. 22954