



OhioHealth Behavioral Health

# Mindfulness-Based Stress Reduction Program

## An Internationally-Acclaimed and Evidence-Based 8-Week Program

The “Mindfulness-Based Stress Reduction” Program is a highly effective program offering relief from stress-related symptoms and promoting enhanced well-being and peace of mind. It is an eight-week program which teaches skills to work effectively with the general stressors of life and living as well as conditions and symptoms such as: stress, anxiety, depression, chronic pain, grief/loss, obsessive-compulsiveness, high blood pressure, attention challenges and more. It has also been shown to increase happiness, resilience, inter-personal communication and more.

The Program is based on the process and practice of “mindfulness” – a mind/body meditative practice that quiets the mind, enhances focus, releases physical and emotional distress and increases insight and well-being. The discipline revolves around a particular way of paying attention and relating to mind, body and experiences in one’s life. “Mindfulness” cultivates awareness, increased life-balance and healthier living, wisdom, personal growth and ease. It is a practice and a way of being.

*“Life is not the way it’s supposed to be. It’s the way it is. And how we relate with this truth makes all the difference.” (Virginia Satir)*

## Spring Quarter 2018 Schedule

### 8-Week Mindfulness-Based Stress Reduction Program

**Free** Introductory Program Overview (Optional): Wednesday, March 21, 6:30 – 8:00 pm

### **Wednesdays, April 18 – June 6, 6:30 – 9:00 pm**

Facilitators: Kevin Kraska, LISW-S and Jessica Englehart, LPCC-S, ATR

(Retreat Day: Saturday, May 26, 9:00 – 4:00 pm)

All programs are offered at the OhioHealth Gerlach Center, 3830 Olentangy River Rd.

Registration is on a first-come, first-served basis.

**Fee** for the 8 Week Program: \$375 (includes 26 hours class time, book, workbook, practice recordings).

OhioHealth Associates receive a 50% discount on registration fee (\$187.50)

**For additional information and to register for the 8-Week Program contact:**

OhioHealth Behavioral Health Outpatient Services at 614-566-4414 or email at [mbsr@ohiohealth.com](mailto:mbsr@ohiohealth.com)

(Registration is not required for the Free Introductory Session)

OhioHealth is accredited by the Ohio State Medical Association to provide continuing medical education (CME) for physicians. 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 activity.

Nursing: The Ohio Board of Nursing recognizes events approved by a nationally recognized accreditation system of continuing education approval.