



OhioHealth Behavioral Health

Mindfulness-Based Stress Reduction Program

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

Due to concerns around COVID-19, the Mindfulness Program will not offer any in-person classes this quarter.

MBSR IS NOW AVAILABLE ONLINE LIVE!

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, interpersonal 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)

This MBSR Program will be delivered live online via the Zoom video conferencing platform. **All** sessions, including the Introductory Program Overview and All Day Class, will be facilitated via Zoom. Participants will engage with the facilitator and one another through their computer with high-speed internet connection during class time and for home assignments and practice. Smart devices, such as phones and tablets, are not recommended. Please ensure your computer meets minimum requirements for participation--speakers, microphone and video capabilities. Sessions will not be recorded.

Registration is on a first-come, first-served basis. Registration closes 2 business days prior to the first session.

For additional information and to register, contact:

OhioHealth Behavioral Health Outpatient Services at 614-566-3348 or email at mindfulness@ohiohealth.com

Fall Quarter 2020 MBSR Schedule

Free Introductory Program Overview Sessions (**Attendance at one session is required before signing up.**):

Wednesday, September 9, 6:00 – 7:30 pm or Wednesday, September 23, 6:00 – 7:30 pm

(Registration is required for the Free Introductory Program Overview to receive link via email.)

8-Week Mindfulness-Based Stress Reduction Program

Wednesdays, September 30 – November 18, 5:30 – 8:00 pm

(All Day Class: Saturday, November 7, 9:00 am – 4:00 pm)

Facilitator: Jessica Englehart, LPCC-S, ATR, RYT

Fee for the 8-Week Program: \$375 (includes 27 hours class time, book, workbook, practice recordings).

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

OhioHealth Fitness Center members receive a 10% discount on registration fee (\$337.50).

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.

Objectives:

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.

