



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)*

## Summer Quarter 2019 Schedule

**Free** Introductory Program Overview (Optional): Tuesday, July 16, 6:00 – 7:30 pm

(Registration is not required for the Free Introductory Session)

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

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

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

**Tuesdays, August 6 – October 1, 6:00 – 8:30 pm**

**No class on September 10**

(Retreat Day: Saturday, September 21, 9:00 – 4:00 pm)

**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)

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.

### 4-Week Mindfulness-Based Short Course

**Fridays, August 16 – September 6, 12:30 – 2 pm**

**Fee** for the 4-Week Program: \$95 (includes 6 hours class time, modest workbook, practice recordings).

OhioHealth Associates receive a 50% discount on registration fee (\$47.50)

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 6.0 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.

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

**For additional information and to register, contact:**

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

