Mindfulness-Based Stress Reduction

The Mindfulness Based Stress Reduction course is an eight (8) week course (once a week) and includes a Saturday class.

Fall 2017 Schedule

MBSR Fall Sessions:
(Eight 2 hour sessions)
Tuesdays, September 26 – November 14, 1:30 – 4:00 pm
OR
Tuesdays, September 26 – November 14, 6:30 – 9:00 pm

Day of Mindfulness:
Saturday, November 11, 9:30 am – 4:00 pm

Agenda
9:30 to 10:00  Mindful standing movements/yoga
10:00 to 10:45  Establish guidelines for the day, Sitting Meditation with emphasis on Loving-kindness practice for oneself
10:45 to 11:15  Break
11:15 to 11:45  Stillness meditation
11:45 to 12:15  Standing/Seated mindful yoga in a chair or on the floor
12:15 to 12:30  Meditation to prepare for mindful eating 12:30 to 1:00 – Lunch
1:00 to 1:30  Self-guided mindful walking and/or stillness practice
1:30 to 2:15  Loving-kindness practice for oneself, someone easy to love, someone difficult to love and all beings.
2:15 to 2:45  Mindful yoga or walking meditation
2:45 to 3:15  Stillness mindful meditation
4:00  Adjourn

Program Benefits
According to published research plus as reported by our graduates of MBSR at SCIM upon completion you will be able to:

- Pay attention with curiosity and kindness to your present moment experience
- Intentionally respond with wisdom and compassion rather than react automatically
- Relate skilfully to physical and emotional pain to live more fully in the midst of it
- Use mindfulness meditation to improve your sleeping patterns
- Build your capacity to learn from and transform difficult emotions, such as anxiety, anger, frustration and depression
- Increase self-acceptance and self-compassion while decreasing critical self-judgments
- Enhance communication and listening skills in relationships with others
- Create and sustain a daily formal and informal mindfulness practice
- Apply MBSR as a highly effective complement to the conventional medical care you are currently receiving to relieve physical symptoms, such as headaches, gastrointestinal problems or high blood pressure, etc.
- Long-term relief from physical and psychological symptoms
- More effective responses to stress and less reactive
- Improved energy levels, mindset and mood
- Less pain and improved pain management
- Improved sleeping patterns (ability to fall asleep, go back to sleep, stay asleep)
- Overall increase in acceptance and compassion for oneself and others

Registration
To register, please call 1-800-SCRIPPS
Pre-registration is required
For more information about the course, call Karen Sothers at 858-554-3303.

Cost
The program tuition is $495. Partial scholarships available based upon financial need. Scripps employees receive a 10% discount.

Accreditation
Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Scripps Health designates this live activity for a maximum of 2.0 AMA PRA Category 1 Credit(s)™.

Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical
education for physicians. Scripps Health designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™.

### 2.0 CME credits per session, 16 CME credits for all sessions

**Physical Therapy Board of California (PTBC)**

Provider approved by the Physical Therapy Board of California, provider Scripps Center for Learning and Innovation, for 5.5 continuing competency hour(s).

Contact your local state board for equivalency and maximum credit allowable for this course. For any concerns, please email Scripps Center for Learning and Innovation at CFLI@scrippshealth.org or call (858) 435-7171.

**California Speech-Language Pathology**

Course meets the qualification for 7.0 hours of continuing professional development credit for Speech-Language Pathologists or Audiologists as required by the California Speech-Language Pathology or Audiology and Hearing Aid Dispensers Board. Provider approval #PDP 377

**Faculty**

In accordance with the ACCME Standards for Commercial Support, course directors, planning committees, faculty and all others in control of the educational content of the CME activity must disclose all relevant financial relationships with any commercial interest that they or their spouse/partner may have had within the past 12 months. If an individual refuses to disclose relevant financial relationships, they will be disqualified from being a part of the planning and implementation of this CME activity. Owners and/or employees of a commercial interest with business lines or products relating to the content of the CME activity will not be permitted to participate in the planning or execution of any accredited activity.

**Cultural and Linguistic Competency**

This activity is in compliance with California Assembly Bill 1195, which requires that all CME activities comprising a patient care element include curriculum addressing the topic of cultural and linguistic competency. The intent of this bill is to ensure that health care professionals are able to meet the cultural and linguistic concerns of a diverse patient population through effective and appropriate professional development. The planners, speakers and authors of this CME activity have been encouraged to address issues relevant in their topic area. A variety of resources are available that address cultural and linguistic competency, some of which can be found on the Scripps Conference Services & CME website. Health care professionals are able to meet the cultural and linguistic concerns of a diverse patient population through effective and appropriate professional development. The planners, speakers and authors of this CME activity have been encouraged to address issues relevant in their topic area. A variety of resources are available that address cultural and linguistic competency, some of which can be found on the Scripps Conference Services & CME website.

**REFUND/CANCELLATION POLICY**

The following Refund/Cancellation Policy has been established to explain any refund and cancellation terms and conditions. If your cancellation is received by phone before the fifth business day prior to the first class, the course tuition is refundable up to $395. A $100 processing fee for cancellations before the fifth business day is not refundable. Any participant who cancels in the five day period before the start of the first class may choose to transfer the full tuition of $495 to another course offered within one year. No refunds are given within the five day period before the start of the first class. Attendee substitutions are allowed with the approval of the MBSR course instructor, but notification must be made by phone no later than five business days prior to the first class. After the first class, under no circumstances will refunds, transfers or substitutions be granted. Absence at the first class without prior notification forfeits the entire $495 tuition. Please phone cancellations, transfers or substitution requests to: Karen Sothers MBSR Instructor Scripps Center for Integrative Medicine858-554-3303

**MBSR Winter 2018 Program Schedule**

**MBSR Winter Sessions:** Tuesdays, Jan 30-Mar 20 1:30-4:00 pm OR Tuesdays, Jan 30-Mar 20, 6:30 – 9:00pm

**Day of Mindfulness:** Saturday, March 17, 9:30 am – 4:00 pm

[www.scrippsintegrativemedicine.org](http://www.scrippsintegrativemedicine.org)