

Mindfulness–Based Stress Reduction Workshops for Professionals

7 CEs Available

Workshops Offered at Two Locations

Friday, November 13, 2009 – Jefferson Hospital

Friday, December 11, 2009 – Bryn Mawr Hospital

Learn the theory and have the experience

This workshop offers a balance of didactic content and experiential learning.

The didactic material emphasizes the evidence base for Mindfulness- Based Stress Reduction (MBSR) and the other mindfulness-based interventions used with a wide range of diagnoses and populations. The experiential modules offer an introduction to the key mindfulness practices presented in MBSR, and give clinicians a chance to learn how to guide several short practices that can be immediately used with clients and patients.

Objectives

- Introduce the axioms of mindfulness, and review the neurobiology of practice
- Review the evidence for mindfulness based interventions in medicine and psychotherapy
- Directly experience key mindfulness practices
- Learn how mindfulness can increase therapeutic presence and empathy, and counteract compassion fatigue
- Learn simple practices for immediate use with clients and patients

both workshops will be presented by

Diane Reibel, PhD



Diane has been teaching MSBR for 16 years. She co-founded the Stress Reduction Program at the Jefferson-Myrna Brind Center of Integrative Medicine in 1996, and currently serves as their Director of Professional Education and Development. She is a Research Associate Professor in the Department of Emergency Medicine and the Department of Molecular Physiology and Biophysics at Jefferson, and studies the effects of mindfulness on physical and psychological health. Her research is published and widely cited in both scientific journals and the popular press.

Donald McCown, MAMS, MSS



Don teaches MBSR in Jefferson's Stress Reduction Program, and directs the Mindfulness at Work initiative, bringing MBSR to corporations, nonprofit organizations, and professionals. Don is also a Lecturer in the Jefferson College of Health Professions, teaching MBSR to undergraduate and graduate students. He is also a therapist who integrates mindfulness in his work with individuals and families. He publishes and presents on mindfulness and its applications in mental health care and the workplace.

Register Today! Call 1-800-JEFF-NOW.

Or visit our website at www.jeffersonhospital.org/mindfulness for a registration form.

Mindfulness is changing the practice of medicine and psychotherapy

Medical research has shown significant benefits for patients, including reduced physical and emotional pain, improved vitality, and increased coping skills in people with various medical conditions, including, cancer, chronic pain, autoimmune disorders, cardiovascular disease, and gastrointestinal disorders. Psychological studies are confirming efficacy in treatment of issues from anxiety and depression to substance abuse and eating disorders to personality disorders and relationship issues.

More important is how mindfulness is helping clinicians to cultivate greater therapeutic presence and improve personal well being.

Program Schedule

9 a.m. to 9:30 a.m. Registration

9:30 a.m. to 4:30 p.m. Workshop, including Faculty Roundtable Lunch

Location

November 13
Thomas Jefferson University
833 Chestnut St., Suite 940
Training Room 9104
Philadelphia, PA 19107

December 11
Bryn Mawr Hospital
130 S. Bryn Mawr Ave.
Pennypacker Auditorium
Bryn Mawr, PA 19010

Workshop Fees

All workshop fees include faculty roundtable lunch and all workshop materials. The cost for CEs is additional.

The basic fee for this workshop is **\$139**. A special rate of **\$119** is available for Jefferson, Main Line Health, and affiliate employees. This includes employees of Methodist Hospital Division, the Rothman Institute, Wills Eye Hospital, and the duPont Hospital for Children. An academic courtesy rate of **\$99** is available for full-time students, interns and residents with ID.

Cancellation Policy

Jefferson reserves the right to cancel a program due to insufficient enrollment or any unforeseen circumstances. Under such circumstances, all fees will be fully refunded.

Registered participants who wish to cancel their registration will receive a full refund if the cancellation occurs (by date of phone call, fax, or postmarked mail) within one week prior to the date of the program. No refund will be given for cancellations dated less than one week preceding the program.

For additional information, check our web site at www.jeffersonhospital.org/mindfulness

Who should attend

The workshop is intended for clinical professionals in mental health and medicine, including psychologists, clinical social workers, professional counselors, marriage and family therapists, as well as physicians, nurses, occupational therapists, and hospital social workers.

What professionals are saying.

“Rarely is one immediately able to integrate lessons learned at workshops, but this workshop is truly the exception. Not only has my work life been positively affected, but the mindfulness practices that I was taught have already been woven into every aspect of my daily life.”

Harriet Stein, RN, MS

Continuing Education Information

7 Continuing Education Hours are available.

Nurses, OT/PT and other health care professionals

The Department of General Studies, JCHP is a co-sponsor of this workshop. 7 credit hours will be awarded for healthcare professionals who complete this workshop.

Cost: \$10. Checks to be made out at the workshop conclusion to “Thomas Jefferson University”.

Licensed Psychologists

Philadelphia Behavior Therapy Association (PBTA) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. PBTA maintains responsibility for this program and its content. PBTA is also an authorized provider for Continuing Education credits for Professional Counselors, Marriage and Family Therapists and Clinical Social Workers licensed in the state of Pennsylvania. This program provides seven (7) continuing education credits.

Cost: \$25. Checks to be made out at the workshop conclusion to “PBTA”.

Social Workers, Marriage and Family Therapists and Professional Counselors

National Association of Social Workers (NASW) Pennsylvania Chapter is a co-sponsor of this workshop and 7 credit hours will be awarded for its completion. NASW has been designated as a pre-approved provider of professional continuing education for Social Workers, Marriage and Family Therapists and Professional Counselors (Section 47.36) by the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors.

Cost: \$10 for NASW members and \$20 for non-members. Checks to be made out at the workshop conclusion to “NASW”.

Jefferson-Myrna Brind Center of Integrative Medicine

Our mission is to bring together the best conventional medicine with complementary approaches to healing through patient care, research and education.

The Center has a leading role in the evaluation and application of promising complementary approaches to healing. At its clinical site, Jefferson physicians bring a mind-body-spirit approach to patient care and include natural medicines in their comprehensive treatment of acute and chronic illness. Center therapists provide nutritional counseling, acupuncture, massage therapy, mindfulness-based stress reduction and other mind-body therapies. The Center’s clinical practice is located in Suite 120, 925 Chestnut Street, in center city Philadelphia.