

Mindfulness Meditation, Self-Compassion and Kindness: Three pillars of stress reduction before it leads to distress. The Art of Self Care For Health Professionals

Ste-Anne-de-Bellevue 2018 (in English with bilingual discussion)

37 Rue Ste-Anne, Ste-Anne-de-Bellevue, Qc, H9X 1L4
(entrance door on Montée Ste-Marie)

RECOGNIZED BY THE OPQ FOR CONTINUING TRAINING (30 hours)

8 week program with one day retreat + one orientation/instruction meeting

Orientation: Wednesday February 21 2018 6:00 pm to 8:00 pm

Classes: Wednesday evenings

February 28

6:00 pm to **9:00 pm** (3 hours)

March 7, 14, 21 & 28, April 4&11

6:00 pm to **8:30 pm** (2 ½ hours)

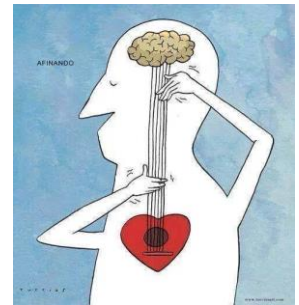
(No class week of April 16)

April 25

6:00 pm to **9:00 pm** (3 hours)

Sunday, April 8, retreat day

9:00 pm to 4:00 pm (7 hours)



Description

Health professionals are above all human beings. They face stress generated outside and inside themselves. They must be able to concentrate, be observant, good listeners and show empathy. They may not have received prior training to reduce their stress in their personal and professional life. Their reaction to stress can have physiological and psychological repercussions which may lead to difficulties in their job performance. How can they relate with more compassion with their family, friends, clients and colleagues?

The 8 week **MBSR (Mindfulness-Based Stress Reduction)** program applies itself well to healthcare professionals. It is based on learning and practicing mindfulness meditation and on acquiring skills to deal with stress. Participants will also practice self-inquiry and group discussion will be encouraged. The MBSR program encompasses multiple empirical data that have showed physical and psychological benefits. This program was created at the Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts School of Medicine. It has been in operation for more than 25 years in different countries and to various clientele including healthcare professionals.

Requirements: Participants are healthcare professionals. They are curious and have the intention to participate in this process which is primarily experiential. They will attend the orientation, workshops and retreat day. Participants are required to practice 30-45 min per day, 6 days per week during the course.

Objectives

1. To learn mindfulness meditation while integrating certain attitudes to ensure that this process is not only aimed at attention regulation.
2. To apply mindfulness in everyday life.
3. To identify stressors in personal and professional life and to undertake a process to respond rather than react to stress.
4. To better understand the theoretical notions related to stress and its physiological and psychological repercussions.

Certified MBSR Teacher



This training will be conducted **in English** by **Maryse Gautier, B.Sc., B.F.A., M.Ed.**, MBSR teacher certified by the University of Massachusetts School of Medicine.

Ms. Gautier has been a psychologist for 28 years and is now a retired mental health occupational therapist. She participated in professional training programs, under the direction of Jon Kabat- Zinn and Dr. Saki Santorelli. Ms. Gautier has been practicing meditation for 9 years and regularly attends retreats.

She is associated with the McGill University Meditation and Mind-Body Medicine Research Clinic, which is part of the Jewish General Hospital Department of Psychiatry.

Cost: \$525 (30 hours of class time recognized by the OPQ).

Flexible rates for students.

For more information about the program or to register please write at

maryse.gautier@mail.mcgill.ca or call 514.783.1173

Number of participants is limited to 12