

# (MBSR) Mindfulness-Based Stress Reduction Montreal For Health Care Professionals and Caregivers



## Winter 2015

**Where:** Institut de Psychiatrie Communautaire et Familiale, Hôpital Général Juif  
4333 chemin de la Côte Ste-Catherine, Montréal Qc, H3T 1E4

To register please call at 514.783.1173 or write to [maryse.gautier@mail.mcgill.ca](mailto:maryse.gautier@mail.mcgill.ca)  
**8 week program with one day retreat + one orientation (mandatory) meeting.**

**Orientation: Thursday February 12, 2015 6:00 pm to 9:00 pm ( mandatory ) room TBC**

**Classes: Thursday evenings, room TBC**

<b>February 19</b>	6:00 pm to <b>9:00 pm</b> (3 hours)
<b>Feb. 26, March 5, 12, 19, 26, April 2</b>	6:00 pm to <b>8:30 pm</b> (2 ½ hours)
<b>April 9</b>	6:00 pm to <b>9:00 pm</b> (3 hours)
<b>Sunday, March 29</b>	<b>9:00 pm to 4:00 pm</b> (7 hours) <b>Retreat day, location TBC</b>

**Requirements: Commitment to come to the orientation class, to classes and to the retreat day.**

**Commitment** to practice 30-45 minutes/day, 6 days/week, at home, different mindful techniques learned in class.

**Mindfulness-Based Stress Reduction** is a training method using mindfulness to cultivate awareness. It is compatible with all belief systems. It is a way of calming mind and body to become more open to the direct experience of life through the simple act of paying attention moment to moment with kindness and with intention and with cultivating a non-judgmental awareness in day-to-day life.

This program is modeled after the University of Massachusetts Medical School Mindfulness-Based Stress Reduction Program. It has been developed by Jon Kabat-Zinn, PhD, and has been offered in many different countries, for over 25 years, to all types of people including Health Care Professionals.

**Why do this?** Mindfulness techniques help us discover and observe our inner reactions to life's stressors, and to choose how to respond to them instead of being in a reactive mode. What is often commented from participants, is a feeling of calmness, better concentration and focus, a feeling of well-being, less reactivity to events, less anxiety, better sleep, decrease negative thinking and increase compassion for oneself and for others. Sometimes participants will remark on improvement of their physical health.

## **What we do in MBSR**

Participants will learn mindful breathing, communication, walking, eating, as well as body movements. Awareness of thoughts, emotions and physical sensations will be explored. Participants will also practice self-inquiry and group discussion will be encouraged. Participants commit to practicing mindful techniques learned in the group 30-45 minutes /day, 6 days/week.



## **Workshop leader**

This program will be conducted **in English** by **Maryse Gautier** B.Sc., B.F.A., M.Ed., psychologist and occupational therapist. She participated in professional training programs, under the direction of Dr. Jon Kabat-Zinn and Dr. Saki Santorelli. She has finished her Practicum & Teacher Development Intensive (TDI) in MBSR. Maryse has been practicing meditation for 8 years. She works in private practice and at the Jewish General Hospital in Montreal.

**Who can benefit from this?** Everybody. All professionals, students, doctors, psychologist, OT, nurses, librarians etc. We all deal with stresses from within and from outside. We are stressed by time and obligations. And we are also pressed by *shoulds*, *needs* and *expectations*. How can we better be present to *live* our lives at home and at work and perhaps decide to look at things differently and make changes if we desire, or decide to simply *live* our life as it is. It become a new way of *being*.

Participants need to come to the orientation meeting on **February 12**. You will be asked to fill out some questionnaires. If possible we will try to set up a short individual meeting.

**Fees:** \$525.00 for the MBSR classes (28 hours of class time) including the retreat, CDs and a work book. Please make the cheque payable to: Maryse Gautier and send to the address above with the registration form. Sliding scale is available but only for a limited number of persons. Maximum number of participants is 12. Receipts are available for **insurance** or **income tax** purposes.