



Mindfulness and Mindfulness Meditation for Stress Reduction - an adaptation of the MBSR program

The content and format of this program is based on the Mindfulness Based Stress Reduction Program (MBSR), a research-based program westernized by Dr. Jon Kabat-Zinn. This eight session program is called an “adaptation of MBSR” because it follows the primary format of the MBSR course, although it is provided in slightly fewer hours and does not include the ninth session which is a full day silent retreat that is part of the standard MBSR training. You will receive systematic instruction for how to use mindfulness and mindfulness meditation as a self-



regulation approach to your stress reduction and emotion management. Nearly three decades of research around the world suggest that learning these techniques can positively and significantly impact a person's ability to reduce medical symptoms, stress and other psychological stress. The end result is a

OVERVIEW

Limited to 20 people.

life that is more balanced, peaceful, and healthier. People are able to more effectively manage their emotions and stresses in the work environment and in their personal lives. Content level is beginning and intermediate.

Common reasons to take the class:

- Reduce work & personal stress to improve performance and productivity
- Improve health and overall well-being with health conditions such as high blood pressure, chronic pain, GI distress, headaches, and many other conditions
- Improve anxiety, depression, panic attacks, fatigue & sleep disturbances
- Improve self-care through prevention and achieve a greater sense of balance and well-being

Target Audience:

Human service professionals

SCHEDULE

8 weeks on Wednesdays
March 27 to May 29, 2019
No class on April 24 & May 22
6:00 pm to 7:30 pm

Location:
UB South Campus
Room 214 Parker Hall
3435 Main St.
Buffalo, NY 14214-8004

Free and accessible parking

Fee:
\$299 early bird by 2/28
\$339 regular price after 2/28

Customer Service:

If you have any questions or concerns, please contact us at sw-ce@buffalo.edu or (716) 829-5841.

ADA Accommodations:

Contact us at sw-ce@buffalo.edu or (716) 829-5841 at least 3 weeks in advance.

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What to Expect:

In the eight 90-minute sessions, the instructor will guide people through a structured process to achieve greater awareness, or mindfulness, of what is going on in their minds and bodies, and how to improve those stressful or negative feelings and health concerns. Wear comfortable clothing and bring a yoga mat or blanket.

Learning Objectives:

- Recognize the concept of mindfulness and the evidence behind it;
- Perform body scans;
- Use mindfulness to respond and reduce stress vs. reacting to stress;
- Practice meditations weekly in class;
- Identify the various aspects of stress triggers and reactions in our lives;
- Use a pleasant events calendar;
- Integrate Hatha Yoga breathing and posture into regular practice;
- Integrate the benefits into daily life in a sustained way;
- Use DVD provided for daily practice.

CEUs/Contact Hours:

NYS OASAS Provider #0045: 12 renewal hours for CASAC, CPP & CPS; 12 initial hours in Section 4 for CPS.

NY Social Workers: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0001. Full attendance is required; no partial credit will be awarded for partial attendance. 12 live in-person contact hours are approved.

NY Mental Health Counselors: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0008. Full attendance is required; no partial credit will be awarded for partial attendance. 12 live in-person contact hours are approved.

NY Creative Arts Therapists: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists. #CAT-0003. Full attendance is required; no partial credit will be awarded for partial attendance. 12 live in-person contact hours are approved.

NY Marriage and Family Therapists: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0007. Full attendance is required; no partial credit will be awarded for partial attendance. 12 live in-person contact hours are approved.



Andrea (Andy) Browning, LMHC, CRC,

previously worked as a therapist in a research project for UB's Research Institute on Addictions to determine the effectiveness of Mindfulness Based Stress Reduction on individuals with a substance abuse dependence diagnosis. This involved MBSR training and ongoing supervision as well as facilitation of MBSR groups. Prior positions in Buffalo, NY include working at Kaleida Health, Outpatient Trauma/Co-occurring Disorder program; Mid-Erie Counseling and Treatment Services; and Volunteer Alternatives to Violence Project. From 2012 – 2016, Andy lived out of the country serving as primary caregiver for a family member. During this time, she relied on her mindfulness stress reduction skills to bring peace and light to each day.

