

Mindfulness- Based Stress Reduction

Wednesdays, Jan. 17- Mar. 14, 2018
6-8 p.m. 340 Betty Irene Moore Hall



An orientation, open to all, will be led by Denise Dempsey, M.Ed. and Philippe Goldin, Ph.D. on Wednesday evening, Jan. 17th, 6:00-8:00 p.m. Betty Irene Moore Hall, Room 340. The 8-week program begins the following week, same time and place, and runs for 8 weeks.

Let this evidence-based immersion in mindfulness training help you start off 2018 with greater resilience to stress and burnout. Clinical evidence demonstrates that MBSR reliably decreases symptoms of stress, depression and anxiety as well as increases well-being. This class will be true to the original curriculum developed by Jon Kabat-Zinn at Univ. of Mass. Medical Center nearly 40 years ago. Now being offered at hundreds of medical centers, worldwide, MBSR helps people learn how, by entering into direct relationship with the present moment and making the mind an ally, we can access clarity and calm. From this place, choices we make can lead to balance and well-being.

To register: Come to the orientation where attendees will be given a link to sign up.

RSVP for orientation:
ddempsey@ucdavis.edu

Cost: No cost to faculty, nursing and medical students, or staff.

More Info on Class Website:
StressReductionPrograms.com



Instructor: Denise Dempsey, M.Ed. With 20 years of experience in mindfulness-based interventions, Denise regularly facilitates 8-week Mindfulness-Based Stress Reduction programs for healthcare organizations. Denise is presently a volunteer Clinical Instructor at the UC Davis Betty Irene Moore School of Nursing, with a goal of helping make mindfulness education easily available to students, faculty and staff.