

The Instructors

Brant Rogers, MS, RYT, is a registered yoga teacher and experienced MBSR instructor who trains at the Center for Mindfulness at University of Massachusetts Medical School. Brant is co-owner of Yoga Hillsboro.

Marie Pielage, BS, PT, is a Tuality Healthcare staff member, a licensed physical therapist, experienced yoga instructor, and specialist in women's health. Marie is co-owner of Yoga Hillsboro.

Credits

Tuality Healthcare is accredited by the Oregon Medical Association to provide continuing medical education for physicians. Tuality Healthcare designates this educational activity for a maximum of six (6) AMA PRA Category 1 Credits. Physicians should only claim credit commensurate with the extent of their participation in the activity. Other attendees will receive a six (6) contact-hour certificate of completion issued by the Tuality Healthcare CME program. Participants must attend the entire 6-hour workshop to receive credits.

Federal and State laws protect people with disabilities against discrimination in terms, conditions or privileges of employment. Please contact Sharon Saty directly at (503) 681-1568 should you require any special accommodations in order to attend this program.

These presenters have disclosed no financial interest/relationship with any manufacturer(s) of any commercial product(s) that may have a direct bearing on the subject matter of this program topic. The speaker will not discuss any off-label/non-FDA approved uses during this presentation.

An Introduction to



Mindfulness-Based Stress Reduction Training for Healthcare Professionals

Tuality Healthcare
CME Workshop
Jointly sponsored by
The Stress Reduction Clinic at Yoga Hillsboro

Sunday, May 3, 2009
10:00am to 4:00pm

Tuality Health Education Center
334 SE Eighth Avenue
Hillsboro, OR

Description

Increasing numbers of patients are coping with the cumulative stress of chronic pain, chronic degenerative disease, sleep disturbance, anxiety, and depression. Physicians and clinical staff are pressured by time and work stress associated with providing complicated patient care in complex health care systems. This 6-hour workshop introduces participants to the benefits and skills learned during Mindfulness Based Stress Reduction (MBSR) training. The workshop content is modeled on the stress reduction program developed over 30 years ago by Jon Kabat-Zinn, PhD, at the University of Massachusetts Medical Center and published in the book *Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain, and Illness*. The workshop will introduce learners to the integrative, mind-body principles of MBSR, review accumulating evidence on the benefits of MBSR practice, and provide time for experiential learning of stress reduction techniques. MBSR trainers Brant Rogers, MS, RYT, and Marie Pielage, BS, PT, have taught MBSR courses to a wide variety of participants, including both health care professionals and diverse patient groups.

Objectives

1. After review of the research literature, identify at least 5 potential practice applications of MBSR training.
2. Perform at least 4 specific MBSR skills that you might use or that patients might use to reduce stress.
3. State your views about the therapeutic usefulness of MBSR techniques for reducing stress, improving patient outcomes, and improving patient-clinician relationships in your own practice.

Target Audience

The target audience includes physicians from all clinical areas, nurses, physical therapists, occupational therapists, psychologists, medical social workers, other clinicians and behavioral specialists who regularly engage in direct patient care.

Schedule

10:00am—11:00am	Introduction to MBSR and orientation exercises What the research shows
11:00am—12:00pm	Mindful Movement Gentle, adaptive yoga demonstration Body scan Practice of meditation as a mental and physical skill supportive of clinical practice
12:00pm—12:30pm	Participants bring light lunch Mindful eating, journaling, sitting meditation, practice in silence
12:30pm—1:00pm	Mindful Movement (Continued) Adaptive yoga Mindful walking Body scan meditation
1:00pm—3:00pm	Introduction to Mindful Communication Mindful speaking and listening to help the practitioner learn to be present to the patient and set aside reactive judgments and opinions Mindful nonverbal communication The effects of body language and movement on non-verbal communication
3:00pm—4:00pm	Effectiveness of Mindfulness Practices in Healthcare
4:00pm—4:15pm	Completion and Evaluation

AN INTRODUCTION TO MINDFULNESS BASED STRESS REDUCTION (MBSR) TRAINING FOR HEALTHCARE PROFESSIONALS

A 6-Hour CME course (AMA PRA Category 1 credits) provided to Tuality Healthcare.
Presented by Brant Rogers, MS, RYT & Marie Pielage, PT*

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* The Stress Reduction Clinic @ Yoga Hillsboro
232 NE Lincoln Street Suite O
Hillsboro, OR 97124
www.yogahillsboro.com/src.asp
503 640-6006

May 3, 2009

COURSE LEARNING OBJECTIVES

AT THE CONCLUSION OF THIS 6-HOUR WORKSHOP,
THE PARTICIPANT WILL BE ABLE TO:

- IDENTIFY AT LEAST 5 POTENTIAL PRACTICE APPLICATIONS OF MBSR TRAINING.
- PERFORM AT LEAST 4 SPECIFIC MBSR SKILLS THAT YOU MIGHT USE OR THAT PATIENTS MIGHT USE TO REDUCE STRESS.
- STATE YOUR VIEWS ABOUT THE THERAPEUTIC USEFULNESS OF MBSR TECHNIQUES FOR REDUCING STRESS, IMPROVING PATIENT OUTCOMES, AND IMPROVING PATIENT-CLINICIAN RELATIONSHIPS IN YOUR PRACTICE.

TODAY'S SCHEDULE

- 10:00AM –11:00 AM ORIENTATION AND INTRODUCTION TO MBSR FOR HEALTHCARE PROFESSIONALS
 - EXERCISES
 - WHAT THE RESEARCH SHOWS
- 11:00AM-12:00PM INTRODUCTION TO MINDFUL PRACTICES
 - MINDFUL MOVEMENT
 - o GENTLE, ADAPTIVE YOGA DEMONSTRATION
 - o PROPER BIOMECHANICAL ALIGNMENT AND SAFE MOVEMENT
 - BODY SCAN
 - o BECOMING AWARE OF AND EASING TENSION AND DISTRACTIONS
 - PRACTICE OF MINDFULNESS MEDITATION AS A MENTAL AND PHYSICAL SKILL SUPPORTIVE OF CLINICAL PRACTICE
- 12:00PM-12:30PM PARTICIPANTS BRING LIGHT LUNCH
 - PRACTICE IN SILENCE
 - MINDFUL EATING, JOURNALING, SITTING MEDITATION
- 12:30PM- 1:00PM MINDFUL MOVEMENT (CONTINUED)
 - ADAPTIVE YOGA
 - MINDFUL WALKING
 - BODY SCAN MEDITATION
- 1:00PM- 3:00PM INTRODUCTION TO MINDFUL COMMUNICATION
 - MINDFUL SPEAKING AND LISTENING TO HELP THE PRACTITIONER LEARN TO BE PRESENT TO THE PATIENT AND SET ASIDE OPINIONS, REACTIONS, AND JUDGMENTS
 - MINDFUL NONVERBAL COMMUNICATION
 - THE EFFECTS OF BODY LANGUAGE AND MOVEMENT ON NON-VERBAL COMMUNICATION
- 3:00PM - 4:00PM THE EFFECTIVENESS OF MINDFULNESS PRACTICES IN HEALTHCARE:
- 4:00PM—4:15PM COMPLETION AND EVALUATION