

Mindfulness Based Stress Reduction (MBSR)

What is MBSR?

Each session will follow the 1979 program generated by Jon Kabat-Zinn at the Massachusetts Medical Centre for people suffering chronic and acute stress, chronic pain and illness, and associated anxiety and depression. The program uses a range of mindfulness practices to teach participants to cultivate an observant, accepting and compassionate stance towards their own internal experiences including cognitions, emotional states, body sensations and impulses.

The participants/clients will have the opportunity through didactic pair and large group interaction with psychoeducation and inquiry learning aimed at teaching from their experience. The group is then involved in active participation in various skills practice. Participant's learning is consolidated through engagement with meditation practices daily, reflection, mindfulness, and homework activities (using Openground's Training Manual).

Who Would Benefit from MBSR

The MBSR program would be particularly helpful for clients with:

- Pain conditions
- Anxiety
- Sleeping issues
- Low Mood
- Clients who are wanting to increase self-awareness and enhance wellbeing, or needing to learn relaxation skills

Research literature shows good support for the efficacy of MBSR for a wide range of problems (see Kabat-Zinn, 1979).

Referral Criteria

This MBSR course will form part of the ACC Integrated Services for Sensitive Claims services delivered by South Coast Psychology therapists.

Clients eligible for participation in the MBSR course will be those with:

- An accepted ACC sensitive claim
- Are in the support to wellbeing phase of treatment.
- Have approval by ACC to attend the MBSR training group.

Programme Overview

1. Recognizing the Present Moment
2. Perception
3. The Practice
4. Investigating Stressful Experience
5. Finding Another Place to Stand
6. FULL DAY OF MINDFULNESS
7. Interpersonal Mindfulness
8. Living on Purpose
9. Making Mindfulness a Part of Your Life
10. Letting Go

Course Information

Location: TBC
Dates: TBC
Times: TBC

For further information please contact:

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