

MBSR

Mindfulness Meditation (pleine conscience), Self-Compassion and Kindness: Three pillars of stress reduction before it leads to distress. The Art of Self Care For Health Care Providers

Montreal : Institut of Community and Family Psychiatry, JGH
4333 chemin de la Côte Ste-Catherine, Montréal, Qc, H3T 1E4
(This training will be held in French with bilingual discussion)

Montreal, Winter 2019

RECOGNIZED BY THE OPQ FOR CONTINUING TRAINING (30 hours)

8 week program with one day retreat + one orientation/instruction meeting

Orientation: Thursday January 24, 2019 6:00 pm to 8:00 pm

Classes: Thursday evenings

January 31

6:00 pm to 9:00 pm (3 hours)

February 7, 14, 21, 28; March 7, 14

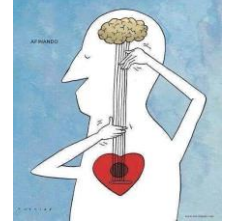
6:00 pm to 8:30 pm (2 ½ hours)

March 21

6:00 pm to 9:00 pm (3 hours)

Sunday, March 10, Retreat day

9:00 pm to 4:00 pm (7 hours) Espace Pleine Conscience, 825 Querbes, suite 228, Outremont, QC (Outremont Metro).



Description

Health professionals are above all human beings. They face stress generated outside and inside themselves. They must be able to concentrate, be observant, good listeners and show empathy. They may not have received prior training to reduce their stress in their personal and professional life. Their reaction to stress can have physiological and psychological repercussions which may lead to difficulties in their job performance.

The 8 week **MBSR (Mindfulness-Based Stress Reduction)** program applies itself well to healthcare professionals. It is based on learning and practicing mindfulness meditation and on acquiring skills to deal with stress. The MBSR program encompasses multiple empirical data that have showed physical and psychological benefits. This program was created at the Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts School of Medicine. It has been in operation for more than 25 years in different countries and to various clientele including healthcare professionals.

Requirements: Participants are healthcare professionals. They are curious and have the intention to participate in this process which is primarily experiential. They will attend the orientation, workshops and retreat day. Participants are required to practice 45 min per day, 6 days per week during the course.

Objectives

1. To learn mindfulness meditation while integrating certain attitudes to ensure that this process is not only aimed at attention regulation.
2. To apply mindfulness in everyday life.
3. To identify stressors in personal and professional life and to undertake a process to respond rather than react to stress.
4. To better understand the theoretical notions related to stress and its physiological and psychological repercussions.

Certified MBSR Teacher



This training will be conducted **in French** by **Maryse Gautier**, B.Sc., B.F.A., M.Ed., MBSR teacher certified by the University of Massachusetts School of Medicine. Ms. Gautier has been a psychologist for 29 years and is now a retired mental health occupational therapist. She participated in professional training programs, under the direction of Jon Kabat- Zinn and Dr. Saki Santorelli. Ms. Gautier has been practicing meditation for 9 years and regularly attends retreats. She is associated with the McGill University Meditation and Mind-Body Medicine Research Clinic, which is part of the Jewish General Hospital Department of Psychiatry.

Cost: \$525.00 (30 hours of class time recognized by the OPQ)

Flexible rates for students

For more information about the program or to register please write at

maryse.gautier@mail.mcgill.ca

Number of participants is limited.