

PFD Academic Pathways
(applicable to McMaster Faculty
of Health Sciences faculty/
residents/staff)



▶ Participation in this full Program will provide you with the following credit hours:

28 hrs.—FAST Pathway

Limited enrollment:

Register Today!

Registration Fee includes:

3 home practice cds and
fully catered off-site retreat

Facilitators:

Anna Taneburgo, B.S.W., M.Ed

Completed the MBSR Professional Training Program under the direction of Drs. Jon Kabat-Zinn and Saki Santorelli, followed by the Professional Practicum at the Centre for Mindfulness. She has led several MBSR groups in healthcare settings and teaches Mindfulness Yoga in the community. She has over 20 years of personal meditation practice, including participation in numerous extended retreats with teachers from various traditions. (See www.wholehealing.ca)

Valerie Spironello, B.S.W., M.S.W.

Assistant Professor in the Department of Family Medicine and teaches in the Faculty of Health Sciences. She completed the MBSR Professional Training Program under the direction of Drs. Jon Kabat-Zinn and Saki Santorelli; Mindfulness Meditation in Clinical Practice Training Program, with Michael Stone; and Meditation: Advanced Practice and Teacher Training Program, with Dr. Pradeep Kumar. She has attended, as well as co-led, numerous meditation retreats, and has over 10 years of personal meditation practice. (See www.choosewellness.ca)

Wellness and Resilience

McMaster University - Faculty of Health Sciences
Program for Faculty Development
MDCL - Room 3510
1280 Main St. W., Ham., ON Canada L8S 4K1

Email: dicroce@mcmaster.ca
Phone: 905-525-9140, x. 22954
Fax: 905-528-6552



Mindfulness Based Stress Reduction (MBSR) for Health Care Professionals

**10-week Program,
plus all-day retreat**

Day of week: Tuesdays
Oct. 18, 2011—Dec. 20, 2011

5:30 p.m.—7:30 p.m.

Note:
Dec. 20—5:00 p.m.—7:30 p.m.

All-day silent retreat:
Saturday, Nov. 26, 2011
9:00 to 4:00 p.m.

Mindfulness Based Stress Reduction (MBSR) for Health Care Professionals

Overview:

This 10-week course is geared specifically towards health care professionals and designed to promote both personal wellness and professional resilience and capacity. It provides the unique opportunity for health care professionals to develop their personal mindfulness practice as well as to examine the interface between mindfulness practice and the arts of healing and teaching. Mindfulness is a non-judgmental way of relating to life circumstances so that they can be approached with greater calm, clarity and wisdom.



Over 20 years of research has shown that MBSR participants report:

- Lasting decreases in physical and psychological symptoms
- Greater ability to cope with stress
- Greater facility to learn
- Greater energy and enthusiasm for life

Program Goals:

- To understand the conceptual foundation of mindfulness
- To develop or deepen a personal meditation practice
- To promote personal health
- To promote professional resilience and capacity
- To enhance interpersonal relationships
- To learn to apply mindfulness in clinical practice and/or education



Format:

- Guided mindfulness meditation and yoga practices
- Exercises to enhance awareness in everyday life
- Methods to deepen interpersonal communication
- Discussion of ways to integrate mindfulness into clinical practice and/or education

Registration Form—MBSR 2011

Participants must commit to full Program	Fee
<input type="checkbox"/> Faculty/staff partnered with PFD *	\$300.00
<input type="checkbox"/> Non-partnered faculty/staff	\$750.00
<input type="checkbox"/> External (non-McMaster)	\$1,000.00
<input type="checkbox"/> Non-partnered residents	\$375.00
<input type="checkbox"/> Students	\$ 300.00

Note: if you are unsure if your Dept/Prog/School is partnered, please contact: Elda DiCroce, dicroce@mcmaster.ca Total _____

Name _____

Address _____

Phone _____

Email: _____

Discipline/Specialty _____

Method of Payment

- Cheque
- McMaster account #:



PROGRAM FOR FACULTY DEVELOPMENT

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