

Feel More Alive and Joyful!

Online Mindfulness-Based Stress Reduction

This online eight-week program teaches mind and body awareness techniques for living better with stress, pain and stress-related illnesses. Based on the methods of Jon Kabat-Zinn, Ph.D., at the University of Massachusetts, graduates report a more accepting attitude to life's challenges, decrease in chronic pain, and improvements in concentration and immune system functioning. This program is suitable for health clinicians as well as anyone interested in developing a mindfulness practice.

BEFORE REGISTERING, PLEASE WATCH THE PRE-RECORDED INTRODUCTORY SESSION:
<https://youtu.be/Sk065GbR6sw>

FEE \$375 plus \$25.00 materials fee. El Camino Hospital staff receive a \$50.00 discount, and partial scholarships are available for those with financial limitations.

Instructors may include: Bob Stahl Ph.D., Jan Landry, BSN, MA, Carol Morgan MA, Dana Rysavy, Souidi Azizi, MFT, and Tammi Rose MA

To Register Online: <https://www.mindfulnessprograms.com>

For More Information or to request accommodations for a disability, please contact:
<info@mindfulnessprograms.com> or Call: 650-940-7000 ext 8745.

24 CONTINUING EDUCATION UNITS for RN, LVN, LMFTs, LCSWs, LPCCs, and/or LEPs

- 1) RN, LVN; 24 CEU hours available – Approved by Board of Registered Nursing Provider #CEP532.
- 2) Course meets qualifications for 24 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. El Camino Health (Provider #1000066) approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. El Camino Health maintains responsibility of program/course and content.

Course Objectives:

Participants will be able to:

- Describe the foundational principles, theory and practice of mindfulness
- Describe how the practice of mindfulness can reduce stress
- Identify two physiological effects of stress on health
- Identify two psychological effects of stress on health
- Identify two clinical applications of mindfulness practice
- Describe how mindfulness can enhance therapeutic interpersonal relationship skills
- Identify three mindfulness practices to prevent compassion fatigue & professional burnout

To report grievances, contact Program Administrator <Lauren_Johnson@elcaminohealth.org> or 650-962-4453

Cancellation and Refund Policy

- 1) When requested, we provide full refund for participant's who withdraw prior to the 2nd. class. Requests for refunds should be submitted by email: <info@mindfulnessprograms.com> prior to the beginning of the 2nd class. Refunds will be issued within 5 days of request.
- 2) There are no refunds for individual classes missed.
- 3) Classes cancelled by Awareness Relaxation Training Inc. (A.R.T. Inc.) will be refunded in full no later than one week after cancellation. Participants will be notified by phone or email of class cancellation.



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elcaminohealth.org    