MBSR (Mindfulness-Based Stress Reduction)

The Centers for Mindfulness & Behavioral Health

The 6-week course begins on Sunday, March 24, 2013, from 10:00-12:30 PM in the hospital cafeteria.

For more information, please contact us at 787-287-5500 x28295.

The course is open to the general public and is offered in English and Spanish.

Meditation and mindfulness practices help develop greater focus and attention, increase self-awareness, and enhance emotional well-being.

The course is led by Dr. David Kabat-Zinn, a pioneer in the field of mindfulness-based interventions.
Introduction to Mindfulness-Based Patient-Centered Practices in Medicine and Psychiatry

Conducted by - Jon Kabat-Zinn, Ph.D.
Professor of Medicine Emeritus, University of Massachusetts Medical School
Founder of MBSR (Mindfulness-Based Stress Reduction)

In this workshop, Dr. Kabat-Zinn will offer an overview of the field of mindfulness-based interventions, their multiple applications in medicine and psychiatry, and the growing clinical and neuroscientific evidence base for their efficacy. Mindfulness-based interventions (MBIs) are used to uncover, recover, and optimize the inner resources of the patient to participate more fully in his or her medical care and trajectory toward greater wellbeing. Their approach lies at the core of a new movement in medicine that has come to be known as participatory medicine.

In that spirit, only the first part of the workshop will be in a didactic, lecture format. The rest of it will be experiential, offering the clinician an opportunity to taste for him or herself the various MBI practices that are used to cultivate greater attention, awareness, kindness toward others, and self-compassion. We will engage in the first-person, direct experiencing of moment-to-moment nonjudgmental awareness through various formal and informal mindfulness practices, and then discuss our experiences and their personal and professional relevance in group dialogue.

Not only medical patients stand to benefit from the systematic cultivation of mindfulness. It can be of great use for reducing the stress and enhancing the job and life satisfaction of medical practitioners. It has broad applications in the work setting, and is being used increasingly in corporate environments worldwide to enhance leadership, innovation, and effectiveness, and well as to reduce unnecessary and unhealthy personal and organizational stress. Mindfulness is increasingly being used in schools and university settings as well as in military training in the US.

Newcomers to mindfulness as well as those who already have experience with mindfulness meditation are encouraged to attend. Please wear comfortable and loose-fitting clothing. Given the relatively brief duration of this workshop, there will be no breaks for coffee or snacks.

For references for current work in mindfulness, see Mindfulness Research Guide: http://www.mindfulness.org/monthly-newsletter.php

About Jon Kabat Zin:
Jon Kabat-Zinn, Ph.D. is a scientist, writer, and meditation teacher. He is Professor of Medicine emeritus at the University of Massachusetts Medical School, where he was founding executive director of the Center for Mindfulness in Medicine, Health Care, and Society (1995), and founder (1979) and former director of its world-renowned Mindfulness-Based Stress Reduction (MBSR) Clinic.


Dr. Kabat-Zinn received his Ph.D. in molecular biology from MIT in 1971 in the laboratory of Nobel Laureate Salvador Luria. His research career focused on mind/body interactions for healing and on the clinical applications of mindfulness meditation training for people with chronic pain and stress-related disorders, including a work-site study of the effects of mindfulness-based stress reduction (MBSR) on the brain and how it processes emotions, particularly under stress, and on the immune system (in collaboration with Dr. Richard Davidson). Dr. Kabat-Zinn’s work has contributed to a growing movement of mindfulness into mainstream institutions such as medicine, and psychology, health care, schools, corporations, prisons, and professional sports. Hospitals and medical centers around the world now offer clinical programs based on training in mindfulness and MBSR.

Dr. Kabat-Zinn has received numerous awards over the span of his career. He is a founding fellow of the Fetzer Institute, and a fellow of the Society of Behavioral Medicine. He received the Art, Science, and Soul of Healing Award from the Institute for Health and Healing, California Pacific Medical Center in San Francisco (1998), the 2nd Annual Trailblazer Award for pioneering work in “Integrative Medicine” from the Scripps Center for Integrative Medicine in La Jolla, California (2001); the Distinguished Friend Award from the Association for Behavioral and Cognitive Therapies (2005); an Inaugural Pioneer in Integrative Medicine Award from the Bravewell Philanthropic Collaborative for Integrative Medicine (2007); the 2008 Mind and Brain Prize from the Center for Cognitive Science, University of Turin, Italy; and a Pioneer in Western Socially Engaged Buddhism Award (2010) from the Zen Peacemakers Association.

He is the founding convener of the Consortium of Academic Health Centers for Integrative Medicine (CAHIM), and a member of the Board of the Mind and Life Institute, a group that organizes dialogues between the Dalai Lama and Western scientists to promote deeper understanding of different ways of knowing and probing the nature of mind, emotions, and reality. He and his wife, Myla Kabat-Zinn, are engaged in supporting initiatives to further mindfulness in K-12 education and to promote mindful parenting.