

November 2010

Dear Friend:

Thank you for your interest in the **Mindfulness Based Stress Reduction** (MBSR) program offered through the *UW Health Mindfulness Program*. We encourage you to carefully consider participating in this unique and life changing program. The course is designed to introduce Mindfulness meditation practice as a way of reducing stress, and developing greater balance, control and fuller participation in your life. Mindfulness is a way of learning to relate directly to whatever is happening in your life including the challenges of stress, pain, illness and everyday demands. Established in 1993, this program is one of over two hundred fifty MBSR centers worldwide.

Course Description

In addition to an initial Introductory Session, this class meets 2½- 3 hours weekly and one all-day class on a Saturday or Sunday. The course includes guided instruction in Mindfulness meditation practices; gentle stretching, Mindful yoga, inquiry and application into experiences of daily living, group dialogue, home assignments and audio recordings. What is required: an Introductory Session, class attendance and homework, which includes a willingness and commitment to take time for you each day.

Who Can Take This Class

Anyone is welcome who is interested in Mindfulness meditation and is willing to engage in the process of exploring and practicing Mindfulness formally and informally. Since its beginning in January 1993, the UW Health MBSR class has had enrollees with various health concerns, as well as those who simply are interested in new possibilities for their life and are willing to engage in the process of learning and integrating Mindfulness in their life circumstances.

Winter 2011 Schedule

Session 1 - Sunday afternoons

Introductory Session: 1-2 pm, Sunday January 23, 2011

Class Sessions: 1-3:30 pm, Sundays January 30, February 6, 13, 20, 27, March 6, 13, 20, 2011

Session 2 - Tuesday mornings

Introductory Session: 9-10 am, Tuesday January 25, 2011

Class Sessions: 9-11:30 am, Tuesdays February 1, 8, 15, 22, March 1, 8, 15, 22, 2011

Session 3 - Wednesday evenings

Introductory Session: 6-7 pm, Wednesday January 26, 2011

Class Sessions: 6-8:30 pm, Wednesdays February 2, 9, 16, 23, March 2, 9, 16, 23, 2011

Session 4 - Thursday afternoons/evenings

Introductory Session: 4-5 pm, Thursday January 27, 2011

Class Sessions: 4-6:30 pm, Thursdays February 3, 10, 17, 24, March 3, 10, 17, 24, 2011

Day of Mindfulness for all sessions - March 12 or 13, 2011, 10:30 am - 4:30 pm

Location

UW Health - Research Park Clinic, 621 Science Drive, Madison WI 53711
(intersection of Whitney Way and Tokay Boulevard).

Class Fee

- \$475 for registrations received on or before **Tuesday January 11, 2011**
- \$495 for registrations received after Tuesday January 11, 2011

The program fee includes:

- An Introductory Session
- Eight weekly sessions
- One all-day session (Day of Mindfulness)
- Practice audio CDs and class materials

Contact your insurance provider for possible discounts and/or reimbursement. Upon completion of the class, Unity provides a \$50 reimbursement and Physicians Plus reimburses \$100/single, \$200/family, and Dean reimburses \$100. The *UW Health Mindfulness Program* is entirely supported through tuition. We offer a variety of payment plans and partial financial assistance for those whose financial needs complicate their participation.

How to Enroll

Consult with your physician or health care provider about the potential benefits of participating in this program. A letter of referral, including a diagnosis is appreciated but currently not required.

Applications are accepted on a first come, first served basis. Class size is limited and sessions often fill. Early registration is strongly advised in order to reserve your space in the class and attend the Introductory Session. Please return completed registration forms along with a deposit of \$200 (check payable to: UWHC/MBSR). The class fee balance is due at the first class. Cash/Visa/MasterCard are accepted in person at the front desk of UW Health - Research Park, 621 Science Drive, Madison WI 53711.

Miscellaneous Information

- First and last class sessions sometimes meet for 3 hours.
- Dress comfortably.
- If you need to eat something prior to class, there are machines with some products available, i.e. sandwiches, bagels, yogurt, fruit or you are welcome to bring your own. It is advised not to eat a heavy meal right before coming to class.
- Chairs, cushions and some yoga blankets are provided. Sitting on the floor is not a requirement. There will be opportunities to lie on the floor during class, i.e. during the body scan exercises and gentle hatha yoga.
- Because practice audio CDs are provided, you will need to have your own CD player for your daily homework.
- Refunds are considered if class is dropped at least four days prior to the start of the first class session.
- The staff is friendly and very supportive. We want you to feel at ease!

About the Instructors

Katherine Bonus

- established this program in 1993 with UW Health Preventive Cardiology
- completed the Professional Training Program and Teacher Developmental Intensive Program at the Center for Mindfulness, University of Massachusetts Medical Center

Carmen Alonso

- completed MBSR Professional Training Program with Jon Kabat-Zinn and Saki Santorelli through the Mindfulness Based Stress Reduction Clinic, University of Massachusetts Medical Center
- clinical psychologist
- martial arts instructor

Kristi Rietz

- completed MBSR Professional Training Program with Jon Kabat Zinn and Saki Santorelli through the Mindfulness Based Stress Reduction Clinic, University of Massachusetts Medical Center
- Registered Occupational Therapist
- Certified Psychosocial Rehabilitation Practitioner
- Registered Yoga Teacher
- Certified Tai Chi Fundamentals Instructor

Lori Gustafson

- completed MBSR Professional Training Program with Jon Kabat-Zinn and Saki Santorelli through the Mindfulness Based Stress Reduction Clinic, University of Massachusetts Medical Center
- trained as a facilitator with CARE (Cultivating Awareness and Resilience in Education)

We hope this information is helpful. If you have any additional questions, please call us at (608) 265-8325. Additional information is available on our website at:

www.uwhealth.org/integrativemed

Sincerely,

Katherine Bonus, MA; Carmen Alonso, PhD; Kristi Rietz, OTR, CPRP; Lori Gustafson, MS
Mindfulness Based Stress Reduction Program Instructors
UW Health Mindfulness Program

Enclosures

KB/CA/KR/LG/pek

MINDFULNESS BASED STRESS REDUCTION PROGRAM

UW Health - Research Park, 621 Science Drive, Madison WI 53711

Please indicate a 1st and 2nd choice:

_____ Session 1 (Sundays)

_____ Session 2 (Tuesdays)

_____ Session 3 (Wednesdays)

_____ Session 4 (Thursdays)

Day of Mindfulness for all sessions, 10:30 am – 4:30 pm: March 12 ___ or March 13 ___

Thank you for filling out these forms. We realize the personal nature of these questions. Please know that the completed forms are kept in strictest confidence.

Name: _____

Address: _____
Street City Zip Code

e-mail address: _____

Telephone: _____
Home Cell/Work

Age: _____ (Please, used only for demographic research information.)

Referral Source: (please check all that apply)

Physician (name) _____ Web Site _____
Previous Class Member (name) _____ Newspaper (name) _____
Psychologist (name) _____ Cardiac Rehab _____
Mindfulness Based Brochure _____ Other _____

Registration Procedure:

Class Fee - \$475 for registrations received on or before **Tuesday January 11, 2011**
\$495 for registrations received after Tuesday January 11, 2011

Complete all forms and return with your check for \$200.

Please make check payable to: UWHC/MBSR. The class fee balance is due at the first class. Cash/Visa/MasterCard are accepted in person at the front desk of UW Health – Research Park, 621 Science Dr, Madison WI 53711.

Class size is limited. Prompt registration is strongly recommended - classes often fill.

Insurance Information:

Provider: _____ Group# _____ Subscriber# _____

Contact your insurance provider for possible discounts and/or reimbursement. Upon completion of the class, Unity reimburses \$50, Dean reimburses \$100, and Physicians Plus reimburses (circle one) \$100/single or \$200/family.

TO REGISTER: Return all completed forms and \$200 deposit to:

Mindfulness Program
UW Health - Research Park
621 Science Drive
Madison WI 53711

MINDFULNESS BASED STRESS REDUCTION PROGRAM

UW Health Mindfulness Program – Winter 2011

Name: _____ Date: _____

Early registration is strongly recommended in order to reserve your space and complete introductory session. Class size is limited. Applications are accepted on a first come, first served basis. Sessions often fill prior to the early registration discount deadline.

General Information:

1. Please describe what you consider to be stressful in your life, i.e. job, relationships, a chronic or life threatening illness, etc.

2. What are your greatest worries and stresses?

3. What are the current ways you use to try and manage stress?

Helpful: 1)

2)

3)

Not helpful: 1)

2)

3)

4. Please rate your overall stress level at this point in your life using a 1 – 10 point scale.

"1" = stress free, and "10" = stressed to the max. Mark an "X" at the appropriate area on the line below.

"1" _____ "10"

11. Please list any previous hospitalizations with dates.

12. Please describe any complementary or alternative treatments you have received or are receiving.

13. Please describe your physical health right now.

14. Describe your sleep quality.

15. Please describe your emotional health. What are your biggest emotional challenges?

16. Please describe your spiritual health.

What is most challenging spiritually?

17. How do you feel about the future?

18. Please describe your support system?

19. At the completion of this class, imagining that you do learn everything that you want to learn, how would you like to experience yourself? For example, how do you want to be feeling in your body? How do you want to be experiencing your mind, your emotions, your connections with other people, etc?

20. Please add anything else that's important for the instructor to know about you and your situation.

Thank you very much for completing these questions.