

Origins of the program

The skills you will be learning and developing come from the Buddhist meditative tradition where it has been known for centuries that the sustained practice of mindfulness can have profoundly healing and transformative effects in one's life. This program offers you the opportunity to learn mindfulness skills without needing to engage with the cultural or religious aspects of Buddhism.

Openground's course is based on a program originally developed by Jon Kabat-Zinn and colleagues, at the University of Massachusetts Medical Center, USA, for hospital outpatients - Mindfulness Based Stress Reduction. It also draws on Mindfulness Based Cognitive Therapy research (Segal et al., 2002) which has grown out of Kabat-Zinn's work.

Research

MBSR has become a respected field of research within the larger context of preventive and integrative medicine. It has been widely used and researched over the past 25 years and found to be effective for alleviating suffering in a wide range of physical and psychological conditions including anxiety, depression, and chronic pain and illness.

See www.openground.com.au for more information and research links.

'The present
is the only time that
any of us have to be alive
- to know anything
- to perceive - to learn
- to act - to change
- to heal'

Jon Kabat-Zinn

For course dates, locations and cost

Contact us:

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Openground
Training and Consulting

Mindfulness Based Stress Reduction



MBSR

**For physical and emotional
health, well-being and
resilience**

Mindfulness Based Stress Reduction

A method for enhancing resilience

Mindfulness Based Stress Reduction (MBSR) is an innovative eight-week program which cultivates mental, physical and psychological resilience.

It uses mindfulness practice as the core of a program to teach people how to take better care of themselves and live healthier, more adaptive lives. It has been forged from an integration of transformative Eastern mindfulness practices with contemporary Western scientific understandings of human functioning. This fusion has produced a tailored and verifiable method for treating a wide range of difficulties and enhancing performance and engagement in work and life.

Mindfulness

Mindfulness is developed by purposefully paying attention in a non-judgemental way, to what is going on in your body, your mind and in the world around you.

We call this moment-to-moment awareness – mindfulness. It is about being awake and aware – living in the present – rather than stuck in dwelling in the past or anticipating the future. This observing, non-judging perspective enables one to consciously respond with clarity and focus, rather than react out of a habitual pattern.



This evidence-based program:

- provides a safe, stimulating and enjoyable learning environment
- is solidly grounded in current psychological research
- integrates cognitive therapy principles into a mindfulness framework
- has an immediate, practical and educative focus
- can be successfully taken in conjunction with existing medical and psychological treatments

What does the course involve?

- a 2.5 hours class once a week for eight weeks and one full day
- mindfulness meditation training
- yoga and body awareness training
- exploration of patterns of thinking, feeling and action
- brief lectures and discussions
- individual feedback and support
- commitment to daily homework practice using CDs and course book

What can I expect?

Participants report:

- increased ability to relax
- more energy and enthusiasm for life
- improved self-esteem
- greater capacity to cope with short and long term stress
- a lasting decrease in both physical and psychological symptoms

Who is it for?

This course is practical, inspiring and transformative for those wanting to reduce job, family or health-related stress, including serious conditions. It engages participants physically, emotionally and intellectually to cultivate resilience and a greater sense of ease and effectiveness in work and life.

Who offers the training?

Openground - Training and Consulting - engages with individuals and organisations to promote the practice of mindfulness as a transformational tool and process, in health, education, industry and community development.

Our values:

- Respect for each individual's uniqueness
- Creating a collaborative, stimulating learning environment
- Integrity in our ethical and professional responsibilities
- Providing instructors who are experienced in mindfulness practice and in facilitating change and development.

