

The Association for Mental Health & Wellness in collaboration with  
Long Island Behavioral Medicine, PC, bring the internationally renowned  
Mindfulness-Based Stress Reduction (MBSR) Course to Western Suffolk County!

**25 CEU Credits available for social workers**

# MINDFULNESS-BASED STRESS REDUCTION (MBSR)

**8-WEEK  
COURSE**



Would you like to learn ways to live your life more fully, with greater control, balance, and resilience? Do you want to learn ways to incorporate mindfulness into your clinical practice with clients and patients?

Then the Mindfulness-Based Stress Reduction (MBSR) course might be for you!



We are thrilled to offer the 8-week MBSR course developed by Dr. Jon Kabat-Zinn at the University of Massachusetts' Medical Center that has been featured in countless media segments, hundreds of research studies and is now offered

all over the world in hospitals, schools, business, and sports. The program is described in Dr. Kabat-Zinn's best-selling book, ***Full Catastrophe Living***, and is featured in the Bill Moyers' PBS documentary ***Healing and the Mind***.

It seems that every day new articles are published detailing the benefits of mindfulness meditation. Over three decades of research shows that ...

**Mindfulness is good for health.\*** Practicing mindfulness improved immune system function, reduced blood pressure and migraine frequency, reduced systemic inflammation, decreased levels of the stress hormone cortisol, and improved coping with pain and illness.

**Mindfulness is good for psychological health.\*** Practicing mindfulness decreased anxiety and depression while increasing a sense of balance and well-being, it was as effective as antidepressants at decreasing depression and preventing relapse, and it improved cognitive function and communication.

**Mindfulness benefits physicians and other health care providers.\*** Practicing mindfulness helped health care professionals better cope with stress and decreased rates of burnout; it helped them better communicate, connect and care for their patients and improved their quality of life. Studies with mental health care providers have found that mindfulness reduced stress and increased positive emotions including self-compassion.

*\*Research study details will be given out at the free introductory session.*

## Spring 2018 Schedule

### FREE Orientation Sessions

Wednesday, March 7th, 7:00–9:00 PM

Friday, March 9th, 9:30-11:30 AM

At the free session you will meet the instructor, learn about current research, and get a first-hand experience in mindfulness so you can decide whether the MBSR course is right for you.

**Sessions fill quickly. Registration is required.**

### 8-Week MBSR Course Dates

Wednesdays, 7-9:30 PM: March 14-May 11

Fridays, 9:30 AM – 12 noon: March 16-May 13

### Course Format

The course consists of 8 weekly 2 ½ hour sessions, plus one 7-hour Saturday class.  
Cost \$495 (early bird discount \$465)

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### Instructor



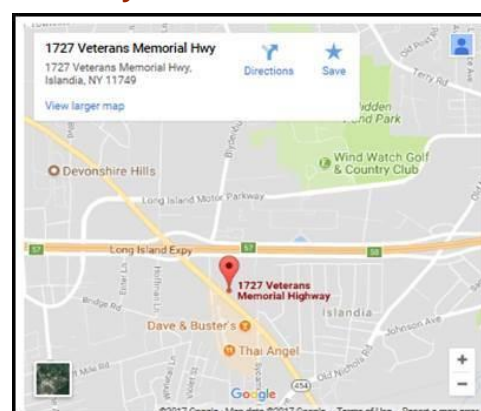
The MBSR Course is offered by Gabrielle R. Chiamonte, Ph.D. Dr. Chiamonte is a clinical psychologist who has received the highest level of training through the UMass Center for Mindfulness and

completed professional training under the direction of Dr. Jon Kabat-Zinn.

### Location

The Stress Reduction Center  
at Long Island Behavioral Medicine, PC  
1727 Veterans' Memorial Hwy – Ste 300  
Islandia, New York 11749

**Centrally located off LIE Exits 57/58**



**Want to know more?**

**Come to one of our FREE introduction to mindfulness sessions!**

**FOR INFORMATION AND TO REGISTER FOR THE FREE SESSION,  
CALL OUR OFFICES OR VISIT OUR WEBSITE.**

**Tel: 631-656-0472 [www.LongIslandStressReduction.com](http://www.LongIslandStressReduction.com)**