Mindfulness Based Interventions

26-MEDS-3070001

The UC Center for Integrative Health and Wellness is expanding its educational offerings and plans to add additional courses each year. More information on the Center’s educational offerings can be found here. Students (both UC and non-matriculated) can take this exciting course. This course will take place on Thursday’s from 4-6p via ZOOM with an additional hour practice requirement. This class is highly experiential. Spaces are limited so early registration is encouraged!

**Registration:**
Current students can use the course ID above to register. Non-degree seeking students and community members can register as a non-matriculating student (click here) and proceed to register for this class. Current credit hour fees can be found here. Please review our website below for more information and updates.

**Course Description:**
Mindfulness Based Stress Reduction (MBSR) is a method of using meditation and yoga to cultivate awareness and reduce stress. MBSR is a formal eight-week program with a daylong intensive that was created by Jon Kabat-Zinn in 1979. The primary intention of the MBSR curriculum is to create a structured pathway to relieve suffering and increase wellbeing for people facing a host of challenges arising from a wide range of medical and psychological conditions and the demands and stressors inherent in the everyday lives of human beings. This class will combine the 8-week Mindfulness Based Stress Reduction course with the 8-week Mindful Self Compassion course, for a full 16-week course. (CM-Effective Communication, CT-Critical Thinking, KI-Knowledge Integration)

**Course Objectives:**
1. Learn about mind-body medicine as a critical component to health and health care
2. Learn about the roles of stress, reactivity, and neuroplasticity in health and healing
3. Learn about perceptions, habitual mental and behavioral patterns, and cycles of interpersonal and stress reactivity.
4. Develop self-regulation and reliance through systematic cultivation of mindfulness to develop alternative responses to stress
5. Cultivate mindful awareness through different types of mindfulness practices offered in an experiential and participatory format.
6. Establish a daily meditation practice
7. Apply mindfulness to cultivate a deeper connection with your body, emotions, and relationships with others

**Prerequisite:** None

This course is highly experiential and class participation is strongly encouraged and expected!

Questions? Contact Kelly Lyle at kelly.lyle@uc.edu. Or visit http://med.uc.edu/integrative