

Mindfulness-Based Stress Reduction (MBSR)

*An Eight
Week Program*



What Causes Stress?

As we get older and have more life experiences, we are confronted by demands and pressures that often lead us to exhaustion and frustration. When those demands accumulate over time, it begins to affect us emotionally and physically.

What is Mindfulness?

Mindfulness-Based Stress Reduction (MBSR) is a program which teaches us skills that will help us reduce our stress by using creative strategies to release our tension.

Who can benefit from the Mindfulness-Based Stress Reduction Program?

People who are experiencing:

- Work Related Stress
- Depression
- Panic Attacks
- Anxiety
- Eating Disorders
- High Blood Pressure
- Fibromyalgia
- Headaches
- Sleep Disorders
- Arthritis
- HIV / AIDS
- Loss of Job
- Chronic Pain

What will we learn?

- To manage everyday stress
- To take responsibility for our well-being
- To develop skills to calm our body and mind
- To develop skills for controlling pain
- To relax and let go of tensions

The Benefits

- *Reduce* ~ anxiety, depression, tension, anger and chronic fatigue
- *Decrease* ~ blood pressure, headaches, gastrointestinal distress and skin disorders
- *Improve* ~ health and quality of life
- *Develop* ~ a sense of calm peace instead of a sense of urgency
- *Gain* ~ a skillful response instead of mindless reactivity
- *Enjoy* ~ a compassionate attitude toward oneself and others

Course Description

This program consists of:

- An introductory session
- Private interview with the instructor
- Weekly 2½ hour classes for 8 weeks
- An all-day Saturday retreat on the 9th week
- A daily commitment to 45 minutes of relaxation and awareness exercises at home
- An individual interview after the program

Facilitator

Dominique Leval is a psychotherapist in private practice, focusing on individual and couple counselling. She attended the Professional Training



Dominique Leval

Program for Mindfulness-Based Stress Reduction (MSBR) under the direction of Jon Kabat-Zinn and Saki Santorelli.

Dominique will facilitate all sessions. She has practiced meditation and yoga for more than twenty years and has extensive experience in the corporate world.

Dominique is:

- Certified in Trauma Counselling
- Neuro-linguistic Programming Master Practitioner
- Reiki Master
- Member of the Ontario Association of Counselors, Consultants, Psychometrists and Psychotherapists (OACCPP)
- Registered in Human Relations with the Canadian Board of Healthcare Practitioners (RIHR)
- Member of the International Society for Traumatic Stress Studies (ISTSS)



How to register for the program?

Ask for an application form. When completed, return it to us. We will contact you to schedule the information session. An individual meeting will be arranged to discuss your needs and goals.

MBSR Graduate Courses

- Deepening your practice and applying it more in daily life.
- Being more comfortable sitting.
- Strengthening and consolidating daily personal practice.
- Working more closely with thoughts.
- The prerequisite is to have completed the MBSR class.

Retreats And Experimental Programs

- Optimizing vitality
- Exploring inner quest
- Mastering stress

They can be tailored for personal or professional specific needs.

Once A Month Gathering

For further information concerning these programs, please contact us at:

416-988-4234 or 905-876-2203

email at: info@stressreductioncentre.ca

website: www.stressreductioncentre.ca



The Stress Reduction Centre

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**Date and location
for the next program**

*For more information contact
Dominique Leval at*

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**Services are provided
in English or French**