



# Control Your Stress in Just 8 Short Weeks

Alliance Integrative Medicine is pleased to offer a Mindful Stress Reduction Course facilitated by Dr. Richard Sears PsyD.



**FREE INTRODUCTORY LECTURE:** Monday, September 11<sup>th</sup> – 6:00p - 7:30p

**COURSE SCHEDULE:** Mondays, September 18<sup>th</sup> through November 13<sup>th</sup> – 6:00p -7:30p (no class Oct. 9<sup>th</sup>)

## WHAT IS MINDFULNESS, AND WHAT CAN IT DO FOR YOU?

Mindfulness involves learning to pay attention to and wisely work with our thoughts, bodily sensations, and emotions. The practice is learned through simple meditation exercises, through which you eventually come to bring a richer awareness and presence into your daily life. This reduces ruminating thoughts, helping to prevent stress, anxiety, and relapses of depression. The training groups are modeled after the pioneering work of Jon Kabat-Zinn. The group consists of education, discussion, practice of mindfulness meditation, light stretching exercises, and homework assignments.

## OVER THE EIGHT WEEKS OF THE PROGRAM, THE PRACTICES HELP YOU TO:

- become familiar with the workings of your mind.
- notice the times when you are at risk of getting caught in old habits of mind that re-activate downward mood or stress spirals.
- explore ways of releasing yourself from those old habits and, if you choose, enter a different way of being.
- put you in touch with a different way of knowing yourself and the world.
- notice small beauties and pleasures in the world around you instead of living in your head.
- be kind to yourself instead of wishing things were different all the time, or driving yourself to meet impossible goals.
- find a way so you don't have to battle with yourself all the time.
- accept yourself as you are, rather than judging yourself all the time.

## WHO CAN PARTICIPATE?

Anyone with a desire to reduce stress and to develop more conscious living habits is invited to inquire. A commitment to attend all 8 sessions, and to do about 45 minutes of practice per day, is required. Health care and business professionals are also invited to learn these skills to be more effective in their daily work, and to help facilitate work-life balance.

## IS THIS CONSIDERED THERAPY?

No. Although mindfulness is often used in therapy, this is an educational and experiential class designed to teach you these important principles. You are not required to disclose any personal information in the group.

## WHO IS THE FACILITATOR?

Richard Sears, PsyD, PhD, MBA, ABPP, is a board-certified clinical psychologist licensed in Ohio, who has been practicing and teaching mindfulness for over 30 years. He is Director of the Center for Clinical Mindfulness & Meditation, has faculty appointments at the University of Cincinnati, and has written several books on mindfulness.

## Cost \$475

The course includes eight weekly 90-minute sessions, handouts, a guided audio practice CD, and a graduation certificate. Class size will be limited. \$100 deposit is required to secure your place. Balance of payment is due before the first class starts.

## Sign up today!

Get a **\$100 discount** if you prepay one month before or **\$50 discount** if you prepay two weeks before.

## Applications of this course ...

Scientific studies of mindfulness have shown that it can help improve quality of life for those who suffer from a variety of issues, including:

- Stress
- Anxiety
- Chronic Pain
- Depression
- Eating Issues
- Multiple Sclerosis
- Psoriasis
- High Blood Pressure
- Sleep Problems
- Gut Issues
- And More ...