

February 2019

Dear Friend:

Thank you for your interest in the **Mindfulness Based Stress Reduction (MBSR)** program offered through the *UW Health Mindfulness Program*. We encourage you to carefully consider participating in this unique and life changing program. The course is designed to introduce Mindfulness meditation practice as a way of reducing stress, and developing greater balance, control and fuller participation in your life. Mindfulness is a way of learning to relate directly to whatever is happening in your life including the challenges of stress, pain, illness and everyday demands. Established in 1993, this program is one of over 250 MBSR centers worldwide.

Course Description

Please read this letter carefully for it describes the MBSR program and includes important details that may answer questions you could have about the program. In addition to an initial Introductory Session, this class meets 2½-3 hours weekly with an all-day class on a Saturday. The course includes guided instruction in Mindfulness meditation practices, gentle stretching, mindful gentle yoga, inquiry and application into experiences of daily living, group dialogue, home assignments, and audio recordings.

What is required: Introductory Session, class attendance and homework, which includes a willingness and commitment to take time for you each day.

Who Can Take This Class

Anyone is welcome who is interested in Mindfulness meditation and is willing to engage in the process of exploring and practicing Mindfulness formally and informally. Since its beginning in January 1993, the UW Health MBSR class has had enrollees with various health concerns, as well as those who simply are interested in new possibilities for their life and are willing to engage in the process of learning and integrating Mindfulness in their life circumstances.

Spring 2019 Schedule

~ Session 1 – Sunday afternoons: UW Health - Research Park, Rm 1111A 621 Science Dr, Madison WI 53711

Introductory Session: Sunday, 2-3 pm, April 14, 2019

Classes: Sunday, 2-4:30 pm, April 28, May 5, 12, 19, 26, June 2, 9, 16, 2019

~ Session 2 – Tuesday evenings: UW Health - Research Park, Rm 1111A 621 Science Dr, Madison WI 53711

Introductory Session: Tuesday, 5:30-6:30 pm, April 16, 2019

Classes: Tuesdays, 5:30-8 pm, April 23, 30, May 7, 14, 21, 28, June 4, 25, 2019

~ Session 3 – Wednesday evenings: UW Health - Research Park, Rm 1111A 621 Science Dr, Madison WI 53711

Introductory Session: Tuesday, 5:30-6:30 pm, April 10, 2018

Classes: Tuesdays, 5:30-8 pm, April 24, May 1, 8, 15, 22, 29, June 5, 12, 2019

***Day of Mindfulness for all sessions** – Saturday, June 1, 2019, 10 am - 4:30 pm

Class Fee

The \$495 class fee includes:

- An Introductory Session
- Eight weekly sessions
- One all-day session (Day of Mindfulness)
- Practice audio CDs, online audio recordings and class materials

Contact your insurance provider for possible discounts and/or reimbursement.

Upon completion of the class, Quartz may offer points towards their wellness programs.

The *UW Health Mindfulness Program* is entirely supported through tuition and does have some partial financial assistance available for those where financial needs complicate their participation.

Refunds are considered if class is dropped within 24 hours after end of the Introductory Session. This refund policy is necessary so we have adequate time to contact and admit applicants from the waitlist.

How to Enroll

Consult with your physician or health care provider about the potential benefits of participating in this program. A letter of referral, including a diagnosis is appreciated but generally not required.

Applications are accepted on a first come, first served basis.

Class size is limited, and sessions often fill.

Early registration is strongly advised in order to reserve your space in the class and attend the Introductory Session.

If registering via check, return completed questionnaire forms along with full payment.

Check payable to: UWHC/MBSR or online payment at: www.uwhealth.org/mindfulness

All participants are asked to complete and submit the questionnaire included below (pages 4-8) by *Tuesday, March 26, 2019.

Completed forms and payment are also accepted in person at the front desk of *UW Health - Research Park, 621 Science Drive, Madison WI 53711.*

Miscellaneous Information

- First and last class sessions sometimes meet for 3 hours.
- Dress comfortably.
- It is advised not to eat a heavy meal right before coming to class.
- Chairs, cushions and some yoga blankets are provided. Sitting on the floor is not a requirement. There will be opportunities to lie on the floor during class, i.e. during the body scan exercises and gentle hatha yoga.
- Audio CDs are provided so you will need to have a CD player for your daily homework. Web site access to recordings is also provided.
- The staff is friendly and very supportive. We want you to feel at ease!
- ***Refunds are considered if class is dropped within 24 hours after end of the Introductory Session.*** This refund policy is necessary so as to be able to have adequate time to contact and admit applicants from the waitlist.

About the Instructors

Heather Sorensen

- Co-program manager of the UW Health Mindfulness Program
- completed the Mindfulness Based Stress Reduction Professional Training Program with Jon Kabat-Zinn and Saki Santorelli at the University of Massachusetts Medical Center
- Licensed Clinical Social Worker
- Registered Yoga teacher

Donald Bialkowski

- completed mindfulness training through the Center for Mindfulness at the University of California San Diego and the UW Health Mindfulness Program
- Licensed Clinical Social Worker

Katherine Bonus

- completed the Professional Training Program and Teacher Developmental Intensive Program at the Center for Mindfulness, University of Massachusetts Medical Center
- completed the Professional Certification Teacher Training Program offered through the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School

Lori Gustafson

- completed MBSR Professional Training Program with Jon Kabat-Zinn and Saki Santorelli through the Center for Mindfulness at the University of Massachusetts Medical Center
- trained as a facilitator with CARE (Cultivating Awareness and Resilience in Education)

We hope all this information is helpful.

If you have any additional questions, please call us at: (608) 265-8325.

Additional information is also available on our website at: www.uwhealth.org/mindfulness

Sincerely,

Heather Sorensen, LCSW; Donald Bialkowski, LCSW; Katherine Bonus, MA; Lori Gustafson, MS
UW Health Mindfulness Program
Mindfulness Based Stress Reduction Program Instructors

Enclosures

HS/DB/KB/LG/pek

MINDFULNESS BASED STRESS REDUCTION PROGRAM
UW Health Mindfulness Program – Spring 2019

Name: _____

Date: _____

Welcome to the Mindfulness Based Stress Reduction program at UW Health. By setting the time aside to complete this questionnaire, you are taking an important step toward reducing your stress and increasing your well being. We recognize the personal nature of the following questions. We don't take this lightly. All information you provide is kept confidential. The intention with completing this questionnaire is to invite you to honestly reflect on the circumstances that bring you to the MBSR program. At the end of the eight week training, we will ask you to reflect on these same areas. This second look may provide important information for your long term well being and health. Also, we would like to better understand what people in the class are confronting, so that we can help support the cultivation of mindfulness in your life circumstances.

Please complete these forms as honestly as you can. This is not always easy. Yet, the truth of your personal experience is the place from which we invite you to speak. Keep in mind that our circumstances are constantly changing, so your responses are not seen as the "final word" but rather a "snapshot" or "glimpse" into what is happening right now.

1. In your own words, what are the "causes" of your stress?
For example, work, relationships, pain etc. Feel free to identify your current worries, challenges and anything else you think is important to consider.

2. What are the helpful and not so helpful ways you are managing stress?

3. Please rate your overall stress level at this point in your life using a 10-point scale.

“1” = stress free, and “10” = stressed to the max.

Place an “X” at the appropriate area on the line below.

“1” _____ “10”

4. Please describe any previous experience you have had with stress reduction, meditation, relaxation, mindfulness, imagery, and other mind-body approaches to healing and health. If you have not had any prior experience, please write “no experience”.

5. What goals would you like to set for yourself in taking this program?

6. What do you care about most in your life?

7. What brings you joy?

13. Please describe your emotional health, your strengths and challenges.

14. Please describe your spiritual health.
For example, what is satisfying and challenging?

15. Please describe your support system(s).

16. At the completion of this class, imagining that you do learn what you wanted to learn, what would this look like for you?

~ Please add anything else that is important for the instructor to know about you and your situation.