

Dear Friend,

Thank you for your interest in the Scripps Center for Integrative Medicine **Mindfulness-Based Stress Reduction Program (MBSR)**. In the 8-week MBSR course, we will be following the world-renowned program from the University of Massachusetts Medical Center Stress Reduction Clinic designed by Jon Kabat-Zinn, PhD.

Enclosed you will find:

- Page 2: MBSR 8-Week Program Flyer
- Page 3: MBSR Frequently Asked Questions (FAQ's)
- Page 4/5: Testimonials from MBSR Graduates (two pages)
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If we have not already talked by phone, I will be contacting you as soon as I receive your MBSR registration form to schedule your pre-course interview. If you would like to speak with me right away, please call me at 858-554-3303 or email at Karen@KarenSothers.com.

Partial scholarships are available for people experiencing financial needs. To request a scholarship application, please call me at 858-554-3303 and leave your name, email address (or mailing address) and phone number. A scholarship application will be sent to you. Please allow two weeks for application processing and assessment of financial need.

* Please mail your completed forms (pages 6-9) along with your payment information to the following address. (Please include the entire address exactly as listed below):

Scripps Center for Integrative Medicine
Attention: Karen Sothers - MBSR
10820 North Torrey Pines Road, FC3
La Jolla, CA 92037

If you prefer, you can also email your registration forms to me at Karen@KarenSothers.com.

Sincerely,

Karen Sothers, MEd, E-RYT

Program Director of Mindfulness-Based Stress Reduction

Mindfulness-Based Stress Reduction

Current MBSR program schedule can be found at KarenSothers.com/mbsr-class-schedule.

In our eight-week *Mindfulness-Based Stress Reduction (MBSR)* program modeled after the world-renowned MBSR developed by Jon Kabat-Zinn, Ph.D., you will learn how to:

- Pay attention with curiosity and kindness to your present moment experience
- Intentionally respond with wisdom and compassion rather than react automatically
- Relate skillfully to physical and emotional pain to live more fully in the midst of it
- Use mindfulness meditation to improve your sleeping patterns
- Build your capacity to learn from and transform difficult emotions, such as anxiety, anger, frustration and depression
- Increase self-acceptance and self-compassion while decreasing critical self-judgments
- Create and sustain a daily formal and informal mindfulness practice
- Apply MBSR as a highly effective complement to the conventional medical care you are currently receiving to relieve physical symptoms, such as headaches, gastrointestinal problems or high blood pressure, etc

Program Benefits

According to published research plus as reported by our graduates of MBSR at SCIM:

- Long-term relief from physical and psychological symptoms
- More effective responses to stress and less reactive
- Improved energy levels, mindset, mood and sleeping patterns
- Less pain and improved pain management
- Overall increase in acceptance and compassion for oneself and others

Program Instructor/Director: **Karen Sothers, MEd, E-RYT**, has been teaching MBSR at Scripps since 2004. She has completed the MBSR teacher training taught by the UMASS Center for Mindfulness. Karen earned a Bachelor of Science in Life Sciences from Kansas State University and a Masters of Education in Health and Exercise Science from Vanderbilt University. She is an Experienced Registered Yoga Teacher (E-RYT). For more than 25 years, Karen has dedicated her life to teaching the art and science of mindful living. She blends the time-tested healing practices of meditation and yoga with the most current research in mindfulness, resiliency and compassion to inspire people to live more fully, and with greater ease and vitality.

Cost: The program tuition is \$495. Partial scholarships available based upon financial need. Scripps employees receive a 10 percent discount.

Pre-registration is required. To register or for more information about the course, call Karen Sothers at 858-554-3303.

Mindfulness-Based Stress Reduction: FAQ's

1. What is Mindfulness-Based Stress Reduction?

Mindfulness-Based Stress Reduction (MBSR) is an evidence-based, complementary therapy for a broad range of stress-related illnesses and chronic pain syndromes, as well as a highly effective preventive treatment for stress. The MBSR program at Scripps is modeled after the University of Massachusetts program developed by Dr. Jon Kabat-Zinn in 1980. The effectiveness of MBSR is documented by extensive research, as well as clinical experience involving tens of thousands of patients throughout the world.

2. How does MBSR work?

The heart of the MBSR course is training in mindfulness, which involves formal stillness practices (meditation) and movement practices (gentle yoga, walking) plus informal practices that emphasize close attention to each moment of experience without judging. Mindfulness practice teaches experientially that wanting the present moment to be different than it is increases pain and distress. Accepting the moment as it is, without resistance, lessens distress and enhances the ability to effect change, when change is possible. Research shows that regular mindfulness practice can strengthen immune function, promote healing, and alleviate stress-related symptoms and illnesses.

3. Who can benefit from MBSR?

MBSR is useful for anyone who wants to learn a comprehensive approach to navigating stress and how to thrive in the midst of challenges and changes. MBSR has also been shown to treat a broad variety of illnesses, symptoms and side effects, including but not limited to:

- **Chronic pain and fatigue**
- **Headaches**
- **Psoriasis**
- **Irritable bowel syndrome**
- **Heart disease/Hypertension**
- **Atrial Fibrillation**
- **Diabetes**
- **Anxiety and Panic Disorder**
- **Depression**
- **Addictions**
- **Cancer**
- **Insomnia**

4. How is each class structured?

During the first hour of each class you will be learning the experiential formal methods of mindfulness which includes both stillness (meditation) and movement (gentle yoga, walking meditation). You will use guided recordings to practice formal mindfulness each day (10 – 45 minutes) in between classes. You will also learn a series of informal mindfulness methods that you will practice in-the-moment as part of your daily life. Each class also includes education and discussion about the science, physiology and psychology of mindfulness and stress.

5. What to wear and bring to class?

Please wear casual clothes that are comfortable for lying down and yoga stretches. We provide padded mats for the lying down practices. Please bring a blanket to cover the padded mat plus a blanket for warmth and a bath towel for head support if you need it for your comfort when lying down. Also, drinking water if you will need it during class.

What Scripps MBSR alumni are saying . . .

Male (age 68) with anxiety, depression, diabetes and hypertension:

“I have never in my 68 years participated in a class that made such a profound change in my life in such a relatively short span of time. I have reduced my blood pressure medications by 50%. I now have coping tools to help me with my anxiety level that really work. I can see myself with loving-kindness. I have more patience and less frustration when things don’t “go right.” I have gained back my self-confidence.”

Female (age 39) with chronic headaches and life out of balance:

“I noticed I could not be still with ease . . . that I had no compassion for myself and was incredibly angry with my body. I am now enjoying the loving-kindness meditation. At difficult times I find being mindful of my actions very helpful. I have learned to follow my breath while driving . . . to stop and soak up multiple, small, beautiful moments in every day.”

Male (age 57) with chronic back pain:

“Daily listening to “Sacred Pause” meditation CD and alternating with the “Body Scan” CD has actually reduced the back pain by 1/2. Consider changing the course name to ‘Mindfulness-Based LIFE INSTRUCTION. Most valuable part of MBSR was the teacher’s caring, love and attention.

Female (age 30) single parent who enrolled to reduce anger, anxiety, irritability:”

“My original motivation for taking MBSR was to reduce anger, especially with my son. I often had very powerful feelings of being soothed and healed by the end of class. I developed a new sense of what meditation is . . . such as the emphasis on gentleness and openness to thoughts that come up as opposed to “not thinking.” I am beginning to relate to my difficult emotions as friends . . . to welcome them and stay with them . . . and to see this challenge as a potentially powerful teacher.”

Male (age 47) with chronic insomnia and the desire to decrease sleeping medications:

“Before taking MBSR, I would need to take sleeping pills in order to get a full night of sleep and sometimes even the meds would not help. During MBSR, I first used sleeping pills together with the meditation CDs. After several weeks I stopped using the pills and listened to the meditation when I woke up in the middle of the night. It worked. I am able to fall asleep without the pills by either meditating with the guided CD or on my own. Not only am I getting enough sleep to function in a stressful job, I am responding better to stress as well. I recommend MBSR for anyone with similar challenges.”

Female (age 28) with anxiety disorder and panic attacks:

“Karen is phenomenal—her compassion and understanding of my fears set me free enough to show up and stay every week. Learning to “pay attention” and “connect” brings me closer each day to the true experience of life and my place within it. Taking this class has brought the concept of self-compassion into my heart, which I never thought possible.”

Male (age 35) with hypertension, high stress at work and home, and life out of balance:

“The loving-kindness meditation opened my heart and mind to feelings and sensations long suppressed. It allowed me to be aware of my constant self-criticism. This was followed with an acceptance of who I am, that I do not need to measure my worth by my productivity, that it is okay to love myself without conditions. I then saw my grandmother, gone now for three years, smiling at me, knowing I had just come to see myself as she had always seen me. Loving me for who I am, not what I do.”

Female (age 52) with insomnia, chronic back pain and stress:

“I noticed a reduction in low back pain, a connection between pain and emotions. I am aware of more energy, better sleep and improved understanding of the fleeting nature of pain. I observed a new sense of calmness during stressful times. Eating meditation was very helpful.”

Male (age 76) with chronic anxiety, irregular heartbeat, chest tightness, and insomnia:

“I have noticed a reduced tendency to react in a habitual manner to stressful conditions, a general reduction in chronic chest tightness and shortness of breath. I am able to breathe deeply and fully more of the time. I have noticed a decreased dependence on prescription drugs to control hyper-arousal and arrhythmias. Mindfulness has greatly enhanced my ability to gain a peaceful, relaxed state, and improved my appreciation and enjoyment of my surrounding environment. Generally, I found MBSR to be a life-changing experience of major proportion.”

Female (age 60) with GERD, hypertension, and arthritis:

“Karen is an outstanding teacher and facilitator. I cannot imagine how this course could have been better, and I have been a teacher, myself, for over 20 years. The guided yoga/meditation CDs created by Karen are gems. I will use them for the rest of my life.”

Male (age 65) with heart palpitations caused by stress, anxiety and anger:

“I have taught 33 years as a university professor and from my experience in MBSR, Karen is one of the best instructors I have ever known!”

Female (age 56) with chronic pain, stress, anxiety, depression:

“One of the best programs I have ever taken—and I have taken many stress/yoga/mindfulness related programs. This has been the best. Karen is a special and talented instructor and teacher . . . very gifted and a gentle spirit. The organization, tools, CDs and teachings were fabulous.”

Female (age 65) with the desire to relax, enjoy the moment and maximize joy, peace, and love:

“Karen is a highly professional and skilled teacher who is consistently effective in the areas of relevant knowledge, information presentation, interactions with students, and classroom organization and management. The encouraging and supportive teaching style of Karen provided a safe and nurturing class environment necessary for MBSR. She embodies and models the practices and content she teaches. She was able in our class to bring complete strangers together on very individual, personal matters. She is one of those rare and gifted teachers who is able to reach all those individuals she teaches. Additionally, she demonstrates respect, graciousness, patience, kindness, interest, and humor. It is a pleasure and privilege to be in her class.”

MBSR Registration Form

Please select the course you are registering for:

_____ Tuesdays, 1:30pm **OR** _____ Tuesdays, 6:00pm

Name: _____ DOB: _____

Address: _____ Home Phone: _____

City/State/Zip: _____ Work Phone: _____

Email: _____ Cell Phone: _____

Program Tuition: \$495 which covers all class sessions including retreat, pre-class interview with instructor, program manual, and guided MBSR recordings.

Textbook: The textbook for the MBSR course is *Full Catastrophe Living (FCL): Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* by Jon Kabat-Zinn. Reading from the textbook during the 8-weeks is highly recommended. Please purchase the textbook on your own if you are interested in reading the suggested chapters assigned for each week. FCL textbooks are available on amazon.com. An audio version is also available for purchase.

Are You a Scripps Employee? Yes _____ No _____ Please note: Scripps employees receive a 10 percent discount on tuition. Total tuition cost for employees is \$445.50. Please submit a copy of your name badge along with this application and list your corporate ID # here _____.

Fees:

MBSR Tuition \$495.00 \$ _____

Or

MBSR Tuition for Scripps Employees..... \$445.50 \$ _____

Payment Options: Scripps only accepts credit or debit card payments. Please post your card information below and mail with your completed registration forms. If you prefer to give your card information over the phone during your pre-course phone time, please provide your signature below and check here _____.

MASTERCARD VISA AMEX DISCOVER

Please check one: Credit card _____ OR Debit card _____

NAME ON CARD: _____

Credit Card Number: _____

Expiration: _____ Security Code (on back of card) _____

Signature: _____

**Mindfulness-Based Stress Reduction
*Participant Information Form***

Thank you for completing this form. Please be assured that all information will remain confidential.

**How did you hear about the Scripps Center for Integrative Medicine MBSR Course?
(circle as many as apply)**

Scripps Calendar Website Flyer Physician Therapist Friend/Family Other: _____

If applicable, name, address and phone number of the physician and/or therapist who referred you to the MBSR program:

Diagnosis or condition(s) leading to taking the MBSR program:

How long has this been present? _____

Please describe any pertinent medical/life conditions that we should know about:

Please describe any physical conditions (areas of body pain, injuries, limitations, etc) that may limit your practice of yoga postures:

Do you have any experience with yoga? _____

If yes, please describe _____

Do you have any experience with stillness meditation and/or relaxation methods? _____

If yes, please describe _____

Current Medications (please list both prescription and non-prescription drugs, as well as vitamins, herbs and nutraceuticals):

Work Status (please check as many as apply):

Working _____ Retired _____ Disability/Workers Comp _____
Parenting/Homemaking _____ Volunteering _____ Other _____

If currently employed, where? _____

Job title/description: _____

Relationship status: _____

Number of Children: _____ at Home? _____

Height: _____ Weight: _____

Do You Smoke? Yes ___ No ___ If yes, how much _____

Sleep quality _____ Hours per night _____ Do you have challenges with falling asleep? _____ going back to sleep if you wake up too early? _____

Do you consume alcohol? _____ Avg. drinks per week _____

Self-Assessment of overall state of health, (1= poor, 10 = excellent): _____

Personal Goals for MBSR Course:

1. _____

2. _____

3. _____

What do you care about most in life? _____

What do you worry about most in life? _____

What gives you the most pleasure in life? _____

Mindfulness-Based Stress Reduction Program

REFUND/CANCELLATION POLICY

The following Refund/Cancellation Policy has been established to explain any refund and cancellation terms and conditions.

If your cancellation is received by phone before the fifth business day prior to the first class, the course tuition is refundable up to \$395. A \$100 processing fee for cancellations before the fifth business day is not refundable.

Any participant who cancels in the five day period before the start of the first class may choose to transfer the full tuition of \$495 to another course offered within one year. No refunds are given within the five day period before the start of the first class.

Attendee substitutions are allowed with the approval of the MBSR course instructor, but notification must be made by phone no later than five business days prior to the first class.

After the first class, under no circumstances will refunds, transfers or substitutions be granted. Absence at the first class without prior notification forfeits the entire \$495 tuition.

Please phone cancellations, transfers or substitution requests to:

Karen Sothers
MBSR Instructor
Scripps Center for Integrative Medicine
858-554-3303

I have read and understand the MBSR Refund/Cancellation Policy and will comply.

Signature

Date

Please print name legibly here