

Kay Colbert, LCSW

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Mindfulness-Based Stress Reduction (MBSR) Group for Professionals - 8 weeks

Providing instruction in MBSR as developed by Jon Kabat-Zinn.

You will learn how to:

- Increase your ability to relax and handle stress with greater ease.
- Feel more present, aware and focused.
- Handle the challenges of every day living with more ease.
- Decrease both physical and psychological suffering.
- Strengthen your connection with yourself and others.
- Enhance your ability to cope with chronic pain.
- Access the ability to be non-judgmental, compassionate, patient, present and aware.
- Be present and compassionate with your clients, with the goal of providing better care to the clients and taking better care of yourself.

Kay Colbert, LCSW, is pleased to offer a Mindfulness-Based Stress Reduction course. Kay has her MBSR teacher training through the University of California San Diego Medical School Center for Mindfulness. Kay has over 250 hours of training in Mindfulness-Based Interventions and has a longterm personal meditation and yoga practice. This group is limited to professionals who work in the medical, mental health or counseling areas. It is limited to 12 participants and will meet for 2 hours, once a week, for 8 weeks. Strict confidentiality will apply. The group will follow the curriculum developed for MBSR groups. Cost is \$250 for the entire 8 week group, which includes the book, *Full Catastrophe Living*, all handouts and materials. (*This is a discounted cost for the professional community.*) A deposit of \$100 is required. **Schedule: Thursdays, 4:00 pm - 6:00 pm, April 2 - May 21.**

How do I sign up?

Please call (214-864-5981) or email Kay at kay@kaycolbert.com to register or to find out more about the class.

What is MBSR? Mindfulness-Based Stress Reduction (MBSR) was designed by Jon Kabat-Zinn at the Center for Mindfulness at the University of Mass. It is based on the concepts of mindfulness meditation practices and teaches mindful meditation, breathing and movement. Clinical research shows that MBSR is enormously empowering for people with chronic pain, hypertension, heart disease, cancer, and gastrointestinal disorders, as well as for psychological problems, such as anxiety, stress and panic.

Each class builds on the one before. Between classes, there is home practice, using guided meditations and other exercises. In each class, you will have an opportunity to talk about your experiences with the home practices, any obstacles that may arise, and how to deal with them skillfully. Each class is organized around a theme that is explored through both group discussion and mindfulness practice.

MBSR is not therapy and is not intended to replace individual counseling.