



Assideo
Clinical & Corporate Mindfulness

Mindfulness-Based Stress Reduction (MBSR)

8 week course

What is mindfulness?

Mindfulness is learning to be present to life by purposefully bringing a gentle and non-judgemental awareness to feelings, emotions and sensations.

Why mindfulness?

While we often believe that we have an accurate perception of what is happening now, in reality that perception is clouded by internal judgments based on previous experiences, beliefs about ourselves, likes and dislikes, preconceptions, internal self-talk and striving to achieve specific outcomes. Consequently, our perception of the present may actually be completely different to what is really happening! Because it is perception that informs behaviour, it is worth considering how our behaviour might be different if we were to act from a clearer sense of perspective.

In addition, because the mind naturally tends to wander (this is the default state of the mind), thoughts are frequently elsewhere, and we tend to go into 'autopilot', operating in a state of general unawareness. The natural preoccupation that we have with the future and the past means that not only do we miss out on what is happening right now, we spend much of our time reminiscing, rehashing and rehearsing, resulting in unnecessary worry and anxiety.

The end result is a chronic state of stress and discontent.

With training *and* practice, mindfulness helps to develop an awareness of the present.

What are the benefits of mindfulness?

In bringing non-judgemental awareness to the present, mindfulness changes the nature of experience.

It enables a person to notice feelings, thoughts, emotions and sensations, without getting caught up in them; to be open to what arises and instead of impulsively reacting, to observe and to appropriately respond. A more considered response means a different outcome, which means a different future.

Mindfulness helps to re-establish a connection between mind and body – a connection that is frequently dissociated by chronic stress, thereby helping to identify and appropriately respond to physical symptoms associated with psychological distress.

Regular mindfulness practice is associated with a greater sense of

- Awareness & insight
- Ability to pay attention
- Flexibility
- Emotional regulation
- Compassion for self and others
- Self-acceptance
- Common humanity (that I am not alone in my experience)
- Calm and equanimity (the sense that I can manage what life brings, even in difficult situations)

What is mindfulness used for?

Recognising that mind wandering and lack of awareness are important drivers of anxiety and general discontent, contemporary mindfulness was developed with the primary intention of helping individuals better manage and respond to psychological and physical stress and to restore psychological wellbeing. Since the development of MBSR, the practical application of mindfulness has been further adapted to assist people with a variety of everyday and clinical conditions, including

- Anxiety and depression
- Weight loss
- Sport performance
- Alcohol and drug use
- Pain

- Diabetes, cancer and other chronic illnesses

Over the past 20 years, hundreds of clinical studies have been published supporting the psychological and physical benefits of mindfulness.

Who should attend the MBSR course?

Anyone can benefit from mindfulness. The MBSR course is appropriate for people who would like to learn how to develop life-long stress management and psychological wellbeing. However, like anything that needs to be learned, mindfulness does require commitment to regular daily practice.

Mindfulness is not a cure for anxiety or depression or any other illness, and is used in conjunction with, and to improve the effectiveness of, conventional medical treatment where that is appropriate.

What is the structure of the MBSR course?

The course is run over 8 sessions, held once a week in the evening over a period of 8 weeks. Since each session builds on the previous one, delegates are expected to attend all 8 sessions. Each session will also require commitment to daily home practice that will be discussed among the group at the next meeting. Some diary work at home is also required.

Course dates and times:

Please contact us for dates and times. The course is usually run over 8 consecutive weeks, one evening per week. Usual duration is 2.5 hours from 6:30 pm to 9 pm, with one half day on a Saturday or Sunday.

Costs: Depending on course and number of delegates. Course fee is payable in full before session 1.

Venue: Johannesburg. Venue for each course will be confirmed, dependent on delegates.

For more information and application forms contact:
david@poetryofaddiction.com

Website:
www.poetryofaddiction.com

The number of delegates per course may be limited.



About the facilitators

Dr David Webb

David is a medical doctor with experience in clinical medicine and multinational corporate. He is an independent medical writer and has published on topics including mental health, diabetes, addiction recovery, cardiovascular health and pain. David is an associate at Houghton House Drug and Alcohol Rehabilitation Group and a member of the South African Addiction Medicine Society, Board of Addiction Professionals of South Africa (BAPSA) and PAINSA.

Lindsay Braithwaite

Lindsay is a specialist in People Development, having worked for 25 years as a facilitator, and as a Business and Life Coach for the past 10 years. This has been for both corporate and individual clients, where her focus has been on developing Emotional Intelligence using the latest advances in neuroscience. Within the corporate space, her particular passion is around developing self-aware and mindful leaders. As such, she utilises the practice of mindfulness as an integral part of her work.

June Bellamy

Having worked in sales, marketing and training in the corporate arenas for over 15 years for Fortune 500 companies, June is well versed in the extreme pressures and high levels of stress that many are exposed to in these environments.

It was her own personal need for balance in life some years ago, which brought her to the Mindfulness space. After experiencing the revolutionary changes within herself that emerged through the practice, she has now embarked on a journey to share her knowledge and practical skills with others.

The facilitators each hold a Postgraduate Certificate in Mindfulness (Department of Family Medicine, Stellenbosch University).