Mindfulness-Based Stress Reduction at the University of Oregon

Noncredit Courses in Mindfulness-Based Stress Reduction (MBSR)

Mindfulness-Based Stress Reduction is the most widely studied and accepted program of its kind. It teaches participants how to harness their own innate abilities to diminish stress and pain, and to improve overall physical and mental health. MBSR was developed by Jon Kabat-Zinn, PhD in 1979, and is used in hundreds of schools, hospitals, and other institutional facilities worldwide. Kabat-Zinn's eight-week MBSR curriculum has been completed by tens of thousands of people since its creation.

**What:** An eight-week course in stress reduction techniques, inspired by the curriculum pioneered more than 30 years ago at University of Massachusetts Medical School.

**Who:** Open to all UO faculty, staff, students, and Eugene-Springfield community members.

**Where:** UO Baker Downtown Center (/about/locations/baker.php)

**When:** Orientation session Monday, October 12, 6:00–7:30 p.m.

Weekly sessions (6:00–7:30 p.m.):
Wednesday, October 14
- Wednesday, October 21
- Thursday, October 29
- Wednesday, November 4
- Wednesday, November 11
- Wednesday, November 18
- Wednesday, November 25
- Wednesday, December 2

Plus, one day-long session (8:30 a.m.–4:00 p.m.) Saturday, November 21.

**Cost:** $250 for UO and LCC faculty, staff, and students, and PeaceHealth employees; $350 for all others. Some need-based scholarships are available ([mbsr/scholarship_application.php](http://academicextension.uoregon.edu/mbsr/scholarship_application.php)).

**Register Here** ([http://academicextension.uoregon.edu/course_desc.php?CourseKey=783838](http://academicextension.uoregon.edu/course_desc.php?CourseKey=783838))

For more information, e-mail mbsr@uoregon.edu.

**About the Instructor:**

![Lisa Freinkel](image)

Lisa Freinkel is a UO administrator and professor whose current research focuses on questions of mindfulness in Higher Ed. Freinkel trained in Mindfulness-Based Stress Reduction with the Center for Mindfulness at the University of Massachusetts Medical Center and completed a two-year internship in medical contemplative care, working with patients, families and staff in a level 2 trauma center. She has taught meditation and mindfulness in prison, hospital, and university settings since 2007. Freinkel founded and directs the UO MBSR Program.

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