DETAILS & REGISTRATION

Duration: April 17 – May 29
Day & Time: Wednesdays 5:45-8:15 pm
Location: IMA Conference Room, 3924 Montlake Ave NE, Seattle, WA 98144.
Registration Open: 3/18 - 4/15.
Cost: $120
Free Informational Session: Wed 4/10 in the IMA Conference Room, 5:45-6:15 pm.
IMA Contact: Anne Garrett, 206-543-1717 or annegarr@uw.edu
Self Screening & Waiver: Please review the Self Screening Questionnaire prior to registering at http://www.washington.edu/ima/files/2013/03/Special-Interest-Descriptions-Spring-13.pdf
How to register: In person at the IMA or by fax or mail. Details and a registration form can be found at http://www.washington.edu/ima/sports-fitness/class-registration/
Membership Required: An IMA membership is required. Most UW faculty, staff, and students are eligible for a quarterly membership. Membership information is available at www.washington.edu/ima/membership/

ABOUT THE INSTRUCTOR

Richard (Rick) E. Berger, MD, Professor Emeritus in the Medical School at the University of Washington, is the primary teacher of Mindfulness NW. He received his undergraduate education and medical degree from The University of Chicago. He received mindfulness teaching training at the University of Massachusetts Center for Mindfulness founded by Jon Kabat-Zinn and received a Certificate in Mindfulness Facilitation from the Mindful Awareness Research Center at the University of California in Los Angeles. Rick teaches Mindfulness-Based Stress Reduction (MBSR) and Mindful Awareness Practices (MAPS) classes in the Seattle area. His ongoing practice includes daily meditation, yoga, silent retreats and continuing education in mindfulness and related areas.

“I concentrate better and am less worried and upset. I have more focus and less internal chatter.”

-2012 UW MBSR participant

University of Washington
Department of Recreational Sports Programs
@ The IMA
What is Mindfulness-Based Stress Reduction?

Mindfulness-Based Stress Reduction (MBSR) is a program originally designed over thirty years ago by Jon Kabat-Zinn, Ph.D. The course has a basis in eastern psychology but is very applicable to modern secular life.

Mindfulness is the practice of sustained focus, self-regulation, self-exploration, and self-liberation with an accepting, open and kind attitude. This practice can produce calmness and expanded awareness. Neurophysiological studies have shown increased brain growth and function in areas of emotional control and executive function in as little as 8 weeks. Course evaluations show decreased stress, improved self image, and improved emotional regulation. Improved concentration and less anxiety are common outcomes.

The course will be taught by Rick Berger, MD. Dr. Berger is a Professor Emeritus of the University of Washington School of Medicine. He is a certified Mindfulness Facilitator.

The course consists of 7 weekly 2.5 hour sessions plus one all-day session. The methods of the course are briefly the following:

- Sitting meditation
- Body scans and body awareness practice—no athleticism required. Some practices may include lying down but position is optional. Yoga mats or floor cushions are responsibility of student and not provided
- Home formal meditation practice—approx. 45 minutes/day maximum.
- Regularity is better and is more productive than large amounts of time.
- Class discussions
- Personal examination of experience and our ability to mold experience
- Personal acceptance practice
- Empathy practice
- Learning to better separate “mind creations” and “reality”
- There is no required book or reading homework. Experiencing as opposed to “book learning” is encouraged.

"Problems now seem smaller and opportunities seem greater."

- UW MBSR 2012 graduate

The course requires a commitment to completion. The concepts usually come together and there is a shift in perspective around half way through the course. The goal of the course is to provide an alternative framework for experiencing and operating in the world that will be less stressful, anxiety provoking, and require fewer struggles. There is data that highly suggests the program can increase the participants’ wellbeing and improve function and empathy. More detail on MBSR can be found at http://www.mindfulnesnw.com/what-is-mbsr/.

1 The National Institute for Health (NIH)
http://newsinhealth.nih.gov/issue/Jan2012/Feature2