

Academic year 2020-2021

# Mindfulness-Based Stress Reduction Course Offerings

Mindfulness-Based Stress Reduction (MBSR) is an eight-week, evidence-based course developed by Jon Kabat-Zinn, Ph.D. at the UMass Medical Center in 1979. The primary aim is to develop self-regulatory skills that can be applied in everyday life. Through experiential learning, class discussion, and daily mindfulness practices, participants will learn and refine a range of skills that support the ability to respond versus react to daily stressors.

**Courses held each Fall, Winter, and Spring**

**TO REGISTER VISIT:**

<https://pennstatehershey.tfaforms.net/578>

**FOR MORE INFORMATION:**

The University Fitness Center webpage: <https://ufc.pennstatehealth.org>

Facebook Events page [www.facebook.com/pennstatehealthufc](http://www.facebook.com/pennstatehealthufc)

or email questions to [ufcsocial@pennstatehealth.psu.edu](mailto:ufcsocial@pennstatehealth.psu.edu)

**TUITION:**

Full Tuition: \$450 Scholarships available

Students, Residents and MBSR Alumni: \$200

Benefactor: \$600 To support those with a financial need. Scholarships are available upon request.

*Being mindful ... begins right where you are.*



**PennState Health**



**CME/CEU/CE credits are available for physicians, psychologists, social workers, licensed professional counselors, licensed marriage and family therapists, and nurses.**

Penn State College of Medicine designates this live activity for a maximum of 2.5 AMA PRA Category 1 Credits™ per individual class. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Penn State is an approved provider as defined by Pa. Code Sections 47.36(a)(3), 48.36(a)(3), and 49.36(a)(3). Social workers, marriage and family therapists, and professional counselors licensed by the state of Pennsylvania can earn 2.5 clock hours of continuing education for completing each class session.

Continuing Education credits have been approved for licensed psychologists. Penn State College of Medicine, Department of Psychiatry, is approved by the American Psychological Association to sponsor continuing education for psychologists. Penn State College of Medicine, Department of Psychiatry, maintains responsibility for this program and its content. Full attendance at the sessions and evaluation of each individual session attended is required to receive CE credit for psychologists. Partial credit will not be awarded. Late arrivals or early departures will preclude awarding of CE credits.

Registered Nurses: 2.5 CE. This continuing nursing education activity was approved by the Penn State Milton S. Hershey Medical Center, an approved provider of continuing nursing education by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.