

# Mindfulness-Based Stress Reduction

with Dr. Teri Davis, Certified MBSR Instructor

*MBSR is an experiential and evidence-based 8-week program  
teaching a learnable set of skills in mindfulness and well-being  
to help navigate our inner and outer lives  
with greater ease and equanimity.*

Developed in 1979 by Dr. Jon Kabat-Zinn at the University of Massachusetts Medical School, MBSR is an 8-week program of intensive training in mindfulness meditation. Over the past 35 years it has shown consistent, reliable, and reproducible major and clinically relevant reductions in medical and psychological symptoms across a wide range of medical and psychological diagnoses. MBSR has been recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) as an evidence based program through the National Registry of Evidence-based Programs and Practices (NREPP).

Teri Davis is licensed as a naturopathic physician and certified as an MBSR teacher; licensed to practice medicine by the State of Arizona, and certified to teach MBSR by the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.

This class is straightforward and challenging. It involves the deliberate use of our attention to engage our present-moment experience; and a willingness to experience in a new way what our mind tells us is pleasant, unpleasant, or neutral. It is based on the assumption that we all have enormous inner resources that can be mobilized to support our efforts to live a more healthy and happy life. And it is the practice of befriending and mobilizing these inner resources.

I look forward to practicing with you as we explore mindfulness together for the next 8 weeks. This is the beginning of an exciting and important exploration into self-knowledge and the potential of discovering a life that is bigger and more alive than you may have thought possible.

# MINDFULNESS BASED STRESS REDUCTION

## Culture of the Class:

- Show up on time.
- Honor confidentiality.
- Respect each other.
- Speak mindfully:
  - first person - use "I" statements
  - on topic
  - notice explaining vs exploring
- Listen mindfully
  - don't interrupt
  - don't offer advice
  - no side conversations
  - notice noodling

Please commit to being present in the group, to being an active participant. Do the home practice regularly and show up for class as alert as possible, monitoring pain meds as best you can and not using any intoxicants the day of class.

Contact Teri Davis - 404-6685 (cell) - drnatri@aol.com  
if you are going to be late, absent, or on vacation.

## Mindfulness Based Stress Reduction

Participant name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City, and Zip Code \_\_\_\_\_

Area code and phone number: \_\_\_\_\_

E-Mail \_\_\_\_\_

Occupation: \_\_\_\_\_

How did you hear about the MBSR program, be specific? \_\_\_\_\_

1. How has stress affected you in your daily life? What symptoms are you currently experiencing?

2. What are your coping skills and how effective are they?

3. What physical or mental health challenges are you dealing with? Treatments? Medications?

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### Confidentiality & Commitment

All forms and discussions are confidential unless of threat/harm to oneself or to others. I give permission to call my health provider if threat is evident. I understand I'm expected to attend the eight weekly sessions, daylong, and practice home assignments to the best of my abilities. I give permission to use my email address for the purpose of informing me on mindfulness events. I will not hold the Stress Reduction Program responsible to any incurred mental or bodily injury from class. I understand there is *no refund* after the end of the first class.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_