

Mindfulness-Based Stress Reduction (MBSR) Course: Outline of curriculum

- **Introduction to Mindfulness (Intro Session)**
 1. What it is/what it is not
 2. Why is it important for healthcare providers
 3. Neuroscience research supporting formal and informal practice
 4. Short guided practices
 5. One daily practice tip

- **Module 1 (Session 1)**
 1. Developing sensory awareness:
 2. Experiential exercises (exploration of five senses through eating practice and Body Scan)
 3. Attitudinal foundations of mindfulness practice
 4. The three dimensions of Awareness

- **Module 2 (Session 2)**
 1. Role of conditioning and perception in shaping experience
 2. Exploring habitual patterns of thought and behavior
 3. Breath awareness practice
 4. STOP pause

- **Module 3 (Session 3)**
 1. Physiological and psychological bases of stress reactivity
 2. Exploring stressors and developing new coping mechanisms
 3. Mindful movement practice for the work environment
 4. Mindfulness practices in daily life: *the tool box*

- **Module 4 (Session 4)**
 1. Mindful communication: Listening and Appreciative Inquiry exercises
 2. Review of comprehensive self-care strategies
 3. Kindly awareness practice
 4. Developing a sustainable practice and utilizing mindfulness skills to increase therapeutic presence and counteract compassion fatigue