

**“Mindfulness-Based Stress Reduction”  
January 9- March 21, 2021 Livestreamed**

**Program Application #:** 123682

**Description:** In this 8-week training, Ali Turfe, MA, SSP, LLP, and qualified MBSR Instructor, will teach Mindfulness Based Stress Reduction (MBSR). MBSR is the gold standard in the world for mindfulness training. MBSR is a proven self-care practice. It is time-tested, evidence-based, and supported by more than 40 years of empirical research. Thousands of studies now point to the benefits of these practices in improving symptoms of chronic pain, anxiety, cardiopulmonary issues, and many more health and wellness issues affected by chronic stress. MBSR was developed in 1979 by Jon Kabat-Zinn, PhD at the University of Massachusetts Medical Center and is taught in hospitals across the world. Achieving a well-balanced life means being aware of all aspects of ourselves: mind, body, heart, and soul. Mindfulness Based Stress Reduction curriculum and methodology offers participants academic and experiential educational components. Learning objectives create a foundation for the cultivation of positive health behaviors and psychological and emotional resilience that can be effectively utilized across the adult life span. Participants should be able to integrate and apply mindfulness practices in their everyday lives and incorporate the tools and practices in ways beneficial to their students and staff. This training will be livestreamed via Zoom. Registration for the 8-week course (offered in three sections) is available before attending orientation on January 9<sup>th</sup>. In addition to the 8 sessions, participants must attend a day-long silent practice and commit to 45-60 minutes of daily home practice. This program is open to school psychologists and any other school-based professionals seeking to gain knowledge in the presentation topic. However, space is limited to 16 participants per section (48 total for the three sections). Participants can earn 21-27 SCECHs for completion of the training (allowing participants to miss a maximum of two classes or the silent practice day). Participation will be verified by requiring attendees to complete a Google docs form and submit an attendance log and their certificate of completion for the course. This training is being offered for free, and MASP no longer charges attendees a fee for SCECHs. More information can be found on the MASP website: [masp.wildapricot.org](http://masp.wildapricot.org) and by e-mailing Ali Turfe at [aliturfe429@gmail.com](mailto:aliturfe429@gmail.com).

**Schedule of Livestreamed sessions:**

<u>Date/ Time</u>	<u>Activity</u>	<u>Hours</u>		
Jan. 9 (8:00-9:30am*)	Orientation	0.0		
<u>Section 1</u> Fridays	<u>Section 2</u> Saturdays	<u>Section 3</u> Sundays		
Jan. 15 (5:30-8:30pm)	Jan. 16 (7:30-10:30am)	Jan. 17 (6:30-9:30am)	Session 1	3.0
Jan. 22 (5:30-8pm)	Jan. 23 (7:30-10am)	Jan. 24 (6:30-9am)	Session 2	2.5
Jan. 29 (5:30-8pm)	Jan. 30 (7:30-10am)	Jan. 31 (6:30-9am)	Session 3	2.5
Feb. 5 (5:30-8pm)	Feb. 6 (7:30-10am)	Feb. 7 (6:30-9am)	Session 4	2.5
Feb. 19 (5:30-8pm)	Feb. 20 (7:30-10am)	Feb. 21 (6:30-9am)	Session 5	2.5
Feb. 26 (5:30-8pm)	Feb. 27 (7:30-10am)	Feb. 28 (6:30-9am)	Session 6	2.5
March 12 (5:30-8pm)	March 13 (7:30-10am)	March 14 (6:30-9am)	Session 7	2.5
March 19 (5:30-8:30pm)	March 20 (7:30-10:30am)	March 21 (6:30-9:30am)	Session 8	3.0
One of the following: March 6 (5:00am-12:00pm with one-hour breakfast) March 6 (2:00pm-9:00pm with one-hour dinner) March 7 (9:00am-4:00pm with one-hour lunch)		Silent Practice	6.0	
		Total Hours:	27	
		SCECHs Offered:	21-27	

\*EST

**SCECH Attendance Log  
Mindfulness-Based Stress Reduction (MBSR)  
January – March 2021**

Name (please print) \_\_\_\_\_ Phone \_\_\_\_\_

PIC# (required) \_\_\_\_\_ E-mail Address \_\_\_\_\_

**The following steps MUST be completed WITHIN TWO WEEKS of completion of the MBSR training:**

1. Fill out the google docs form for the course on the MASP website ([masp.wildapricot.org](http://masp.wildapricot.org))
2. Complete this attendance log
3. Email this attendance log along with the MBSR certificate of completion as a single PDF document to [masp.scech.coordinator@gmail.com](mailto:masp.scech.coordinator@gmail.com)

#	DATE	TITLE OF SESSION	SIGNATURE VERIFYING ATTENDANCE	START TIME	END TIME	HOURS
1.		Orientation				0.0
2.		MBSR Session 1				
3.		MBSR Session 2				
4.		MBSR Session 3				
5.		MBSR Session 4				
6.		MBSR Session 5				
7.		MBSR Session 6				
8.		MBSR Session 7				
9.		MBSR Session 8				
10.		Silent Practice				

*ATTENDANCE AT ORIENTATION CANNOT COUNT TOWARD ACCUMULATION OF SCECH CREDITS. WEEKLY SESSIONS ARE 2.5-3.0 HOURS AND THE SILENT PRACTICE OFFERS 6.0 HOURS (DUE TO MEAL BREAK) TOWARD THE MINIMUM OF 21 TOTAL HOURS NEEDED FOR SCECHS.*

**I verify that the information above is true and accurate.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_