Mindfulness: “The awareness that emerges through paying attention in a particular way: on purpose, in the present moment, and non judgmentally, to the unfolding of experience moment to moment.” Kabat-Zinn, 2003

In this 3-session educational course based on MBSR (Mindfulness-Based Stress Reduction), participants will learn how to apply mindfulness to help manage stress and improve well-being. The course will include guided mindfulness practices, interactive activities, and instructor led group discussions. Participants will leave the class with handouts, skills, and resources to help them establish an ongoing mindfulness practice and use mindfulness to reduce stress in their daily life.

The course will cover:

• Mindfulness background and scientifically –supported benefits
• Training in several different mindfulness practices
• Applications of mindfulness for managing stress and improving well-being.

Christina M. Luberto, PhD is a licensed clinical psychologist, mindfulness teacher, and mind-body researcher with over 10 years experience using mindfulness to help people reduce stress and improve well-being. She is currently an Instructor of Psychiatry at Harvard Medical School, Staff Psychologist at Massachusetts General Hospital, and Clinical Researcher at the Benson-Henry Institute for Mind-Body Medicine. Dr. Luberto maintains a clinical and teaching practice and conducts research on mindfulness interventions for emotional and physical health improvement.