

**Registration Winter/Spring 2012
Mindfulness Based Stress Reduction**

Name: _____

Address: _____

City/Town: _____

State: _____ Zip Code: _____

Phone: _____

Email: _____

I am registering for:

_____ **Thursday, 7-9 PM**
(March 1 – April 26 (no class 4/19))

_____ **Friday, 9:30 – 11:30 AM**
(March 2 – April 27 (no class 4/20))

**Would you like Continuing Education for
Nurses or Social Workers?** *(Other health
professionals may also be eligible for CE, check with your
board of registration)* _____

How did you hear about the program?

Please remit a check for **\$375*** payable to:
Stress Resources, LLC
97 Lowell Rd, Concord, MA 01742

** Blue Cross Blue Shield members are eligible
for a 10% discount on MBSR classes*

**Comments about
Stress Resources**

*"Pam teaches with incredible expertise, grace and
passion."*

*"I have told so many of my friends and colleagues about
this course....it really changed the way I deal with my
stress."*

"Excellent program...wonderful presentation."

*"I will be using the relaxation techniques I learned both
professionally and personally."*

*"Learning to integrate tools of stress reduction into my
hectic life has made a real difference with how I handle
stress."*

*"I really needed this course at this time in my life – thank
you."*

*"The 8-week MBSR program was the most
transformational and powerful course I have ever
taken....it changed the way I view my life."*



STRESS RESOURCES
LLC

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Concord, MA 01742
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F: 978.369.5853

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Strategies for Resilience

StressResources.com

Mindfulness Based Stress Reduction (MBSR)

Stress is an inevitable occurrence in our fast-paced lives; whether dealing with a chronic illness, job or family stress. While we cannot eliminate stress in our lives, we can learn how to respond to stress in new, more positive ways.

Modeled after the internationally recognized Stress Reduction Program at the UMass Medical School, this highly participatory course consists of eight weekly 2-hour group classes. Participants will practice guided mindfulness meditation, relaxation techniques, gentle yoga stretches, and self-inquiry exercises. Upon completion of similar programs, participants commonly report a reduction of stress-related symptoms, increased awareness and concentration, and improvement of positive coping skills at home and in the workplace.

Full Catastrophe Living, by Dr. Jon Kabat-Zinn is used as a framework for the course, as well as research validated strategies in the field of stress management.

All materials, text, set of 5 CD's (including Pam's new CD, *Opening the Door to Meditation*) and manual are included in the **tuition fee of \$375**. Enrollment is limited to provide individual attention. This program is ANCC approved for **16 contact hours of CE for nurses and social workers**

Winter 2012 Sessions (*p.m. OR a.m.*)

- **Thurs. 7-9 PM (3/1-4/26 no class 4/19)**
- **Fri. 9:30-11:30AM (3/2-4/27 no class 4/20)**

***Classes are held at the First Parish Church
20 Lexington Rd., Concord, MA***

Meet

Pamela Katz Ressler, MS, RN, HN-BC

Pam Ressler is the founder and president of **Stress Resources**, a firm specializing in stress management and holistic healthcare strategies and consultation for organizations and individuals. Pam is a nationally recognized speaker and author on stress management, stress resiliency and holistic healthcare topics.



Education and Training:

- B.S.N. degree with honors from the University of Michigan
- M.S. in Pain Research, Education and Policy at Tufts University School of Medicine
- Clinical training in Mind/Body Medicine from the Mind Body Medical Institute, affiliated with Harvard Medical School.
- Professional Internship Program in Mindfulness-Based Stress Reduction through the University of Massachusetts Medical School
- Certified Holistic Nurse and member of the American Holistic Nurses' Association.
- Adjunct faculty at UMass Boston College of Nursing and Health Sciences and Tufts University School of Medicine

About Stress Resources

Stress Resources develops and presents professional, innovative, cost-effective stress management and holistic healthcare workshops and seminars to businesses, community groups, schools, healthcare providers, and individuals.

Workshops Include:

- ***Stress Less @ Work***
(Stress Reduction for the Workplace)
- ***Healing Arts in Healthcare***
(1.0 contact hours of continuing for nurses and social workers)*
- ***Creating a Culture of Resiliency***
(1.0 contact hours of continuing ed. for nurses and social workers)*
- ***Health Information on the Internet***
(1.0 contact hours of continuing ed. for nurses and social workers)*
- ***Creating Calm Within Crisis***
(1.0 contact hours of continuing ed for nurses and social workers)*
- ***Tools for Teens***
(Stress Reduction for MCAS and SAT)
- ***Holistic Methods of Pain Management***
(1.5 contact hours of continuing ed. for nurses)*

** These continuing nursing education activities are approved by MARN or RISNA, accredited approvers by the ANCC COA.*