



Winter 2024

Mindfulness-Based Stress Reduction (MBSR) Course

(Now Offered In Person and Online)



“I want more peace of mind.”

“I’m ready to be done worrying and feeling stressed out all the time.”

“I suffer from chronic pain and I want to learn how to manage it better.”

If this sounds familiar, you may be ready for MBSR, a scientifically proven program developed by Jon Kabat-Zinn, Ph.D. to **reduce stress** and **increase well-being**. In MBSR we practice techniques and develop skills based on the latest neuroscience to effectively reduce stress. MBSR offers instruction in mindfulness meditation (sitting and walking), body awareness, mindful yoga, and self-reflective inquiry. Research findings indicate when practiced regularly skills developed in this course can literally rewire the brain, resulting in **improved health** and over all **well being**.

Research shows participant’s experience:

- Less stress and chronic pain (back pain, headaches, hypertension, etc.)
- Decreased worry, anxiety, depression and fewer sleep problems
- Improved emotional regulation
- Sharpened mental focus and enhanced attention focus
- Improved immune system functioning and help with life-threatening medical illnesses
- Help with relationship problems, grief and loss, problems with substances
- Increased joy, resilience and compassion

This class consists of 8 class sessions, a 6-hour retreat and daily home practices. Instruction materials for the class are emailed or sent via US Post.

Learn More [Here](#)

Days/Times: This class will meet for 8 weeks on **Monday evenings** both **in person** and **online** from 6 – 8:30PM Pacific Standard Time from February 5 – March 25, 2024. The day retreat (in person or online) will be on Saturday, March 16, 2024 from 9:00AM – 3:00PM.

Location: In person at **The ONE Center** near Olympia, WA and on **Zoom**

Cost of the Course: Tuition is offered on a sliding scale (Reduced fee \$375, Full fee \$450, Supporting fee \$550). Simply choose the amount that’s right for your budget.

Earn up to 26 Continuing Education Credits: Add an additional **\$75** fee to your tuition if earning CE credits (social workers, marriage and family therapists, mental health counselors, registered nurses, naturopathic doctors).

Registration Deadline: January 31, 2024 Complete registration form and payment **[Here](#)**

This course is taught by *Dr. Brenda S. Butterfield*, Licensed Mental Health Counselor: Doctorate of Education, Master of Social Work, Bachelor of Arts in Psychology: Founder, *Our New Experience & The ONE Center* in Olympia, WA. You can contact Dr. Butterfield directly (425-324-7336) or ournewexperiences@gmail.com