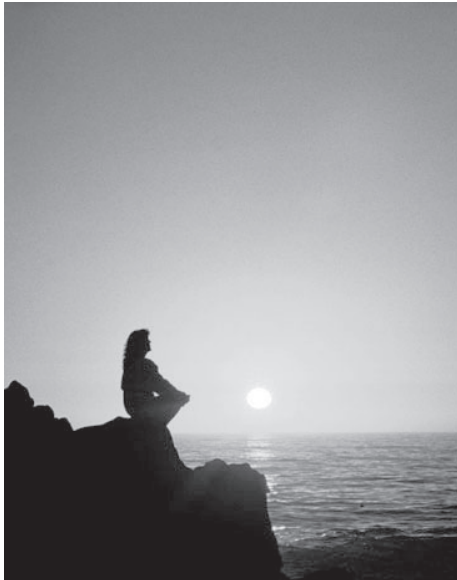


## healing and the mind

The Mindfulness-Based Stress Reduction Program is modeled on the Stress Reduction Clinic at the University of Massachusetts Medical School, which was founded by Jon Kabat-Zinn, PhD in 1979. This program has been featured in *Newsweek*, (September 27, 2004); Bill Moyers' PBS documentary "Healing and the Mind"; on NBC Dateline; on ABC's Evening News and *Chronicle*, as well as on the Oprah Winfrey Show. To date, more than 15,000 people have completed the program at the University of Massachusetts. This program has encouraged the creation of more than 200 MBSR programs in hospitals (including Shore Health System) and freestanding clinics worldwide.



## quick facts & information:

The instructor is Larissa Kitenko, PharmD, a clinical pharmacist at ShoreHealth System. Dr. Kitenko works with the pharmacological aspects of pain management, however, she also understands the benefits of non-pharmacological modalities of treating pain. This aspect drew her to the work of Dr. Jon Kabat-Zinn at the University of Massachusetts Medical School. The core of this program is to apply mindfulness meditation to daily living and to coping with stress, pain and illness. Consequently, Dr. Kitenko has attended and successfully completed the MBSR Teacher Training Program at the University of Massachusetts that is designed for healthcare professionals.

### • The Course schedule includes:

8 weekly 2.5 hour classes, PLUS one all-day class, PLUS one graduate class after the completion of the 8 week course.

• Tuition is \$300, which includes all materials. Tuition for SHS Employees and volunteers is \$200.

• Offered by the Center for Integrative Medicine.

• For more information and to find out the dates of the next course call 410-770-9400.

# wake up to your life



## mindfulness-based stress reduction

You can wake up and more fully experience your life through a technique called mindfulness.

Instructor: Larissa Kitenko, PharmD,  
Clinical Pharmacist



219 S. Washington Street  
Easton, MD 21601  
[www.shorehealth.org](http://www.shorehealth.org)



## mindfulness-based stress reduction

Do you ever notice yourself operating on “automatic pilot,” unaware of what you’re doing? Have you ever arrived at your destination and not remembered the route you took to get there? Do you feel stressed or troubled more often than you would like? In situations like these, you may feel as if you are living only half awake.

You can wake up and more fully experience your life through a practice known as **mindfulness**. Mindfulness means paying attention, on purpose, to what is happening in the moment and not getting lost in thoughts about the past or worries about the future.

This method of focusing your mind will be taught in a course called **Mindfulness-Based Stress Reduction (MBSR)**. Offered by the Center for Integrative Medicine, this course is tailored for people experiencing:

- chronic pain
- chronic illness
- stress
- high blood pressure
- fatigue
- headaches
- difficulty sleeping
- feeling anxious and overwhelmed
- smoking cessation

Participants will learn how to cope with their health and find peace of mind by working with the same stresses and pains that are the sources of their discomfort.

## learn how to cope

There are 3 parts of the course: learning about meditation, body awareness and gentle stretching (adapted for those with disabilities).

**Meditation:** There is nothing hocus-pocus about meditation. It means paying attention and that is something that everybody does. When we pay attention to our minds, we see that our thoughts are more in the past or the future than they are in the present. We can miss the many moments we have to live because we aren’t fully here for them.

Our thoughts can be so strong and overpowering, especially in a crisis and distort what is actually happening.

**Body Awareness:** When we are on “automatic pilot” we can ignore or abuse our body. Many times we are unaware of how our thoughts and emotions affect it. That is why a large part of the MBSR Program is learning the body awareness scan and gentle stretches. It’s not always easy to “just relax”, and sometimes , we have to be taught “how” to relax.

Participants who have learned this method of stress-reduction feel better physically and emotionally; feel their pain gets better; and learn to cope with pain that won’t go away.

### Features of the course are:

- Guided exercises in mindfulness meditation practices
- Gentle yoga-style stretches
- Small group exercises followed by discussion
- Individually tailored instructions
- Daily homework exercises (45 min)
- CD’s and workbook to support practice between sessions

## find peace of mind

The tuition is \$300 which includes all materials; Tuition is \$200 for SHS employees and volunteers. Limited financial assistance may be available. The instructor, Larissa Kitenko, PharmD, with Shore Health System, is skilled at creating a safe, supportive and deeply engaging learning environment. Through her years as a clinical pharmacist, Dr. Kitenko also understands the benefits of non-pharmacological methods of improving the quality of life.

### The Course schedule includes:

- 8 weekly 2.5 hour classes
- PLUS one all-day class
- PLUS one graduate classe after the completion of the 8 week course

For more information about the course please call the Center for Integrative Medicine at 410-770-9400.

