

MINDFULNESS-BASED STRESS REDUCTION (MBSR) FOR PATIENTS WITH CHRONIC PAIN

October 26, 2017

October 26
MBSR for Chronic
Pain Patients

November 16
Acupuncture,
Chiropractic Therapy
and Therapeutic
Massage

December 1
Holistic Health &
Recovery through
Integrative Medicine
Conference

January 9
Ayurvedic Medicine:
Pain Management
for Body & Mind

February 5
Nutrition

March 5
Yoga Therapy

April 16
Integrative Medicine:
Moving Outside the
Biomedical Model

Learn about the history, philosophy, and curriculum of Mindfulness-Based Stress Reduction (MBSR) as developed by Jon Kabat-Zinn, Ph.D. at the University of Massachusetts Medical Center in 1979. The focus of this course will be on how the principles and practices of mindfulness and somatic awareness can help decrease physical pain and improve quality of life for people with chronic pain.

Beth Robins, APRN, SEP will provide didactic information about the neurophysiology of pain perception, including how the presence of chronic pain can be interpreted by the autonomic nervous system as a constant threat, thereby creating a physiologic state of unresolved trauma or PTSD. The vital importance of self-compassion in the alleviation of physical pain and its related emotional suffering will be discussed and practiced experientially. Specific mindfulness techniques will be demonstrated with an emphasis on how these techniques can be taught to and practiced by chronic pain patients. A variety of handouts and a resource list will be provided to complement the material presented and the learning objectives.

BETH ROBINS ROTH, APRN, SEP



Beth Robins Roth, APRN, SEP received her Master's Degree in Nursing from Yale University. In 1993 she founded the Mindfulness-based Stress Reduction (MBSR) Program at the Community Health Center in Meriden, CT, where she teaches meditation in English and Spanish to patients with chronic medical and mental health problems. She does teaching, consulting, conference presentations and staff development training for hospitals, health centers, universities and community organizations throughout Connecticut. She has a private practice, Hummingbird Trauma Resolution in North Branford, CT where she does Somatic Experiencing Trauma Healing for people living with unresolved trauma, PTSD, physical pain and chronic stress.

ALTERNATIVE PAIN MANAGEMENT TREATMENT CURRICULUM SERIES

The Alternative Pain Management Treatment series is 8 monthly workshops designed to increase awareness and change practice by teaching alternative methods for treating pain, while improving outcomes for individuals living with pain management. The series is funded by Substance Abuse and Mental Health Services Administration and the Connecticut Department of Mental Health and Addiction Services, in their ongoing efforts to reduce opioid use, and hosted by The Connecticut Women's Consortium.



The Connecticut
Women's Consortium



OCTOBER 26, 2017
8:30AM - 12:45PM
4 CREDITS | \$30
CEUS, CECS CMES

Register @ www.womensconsortium.org
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