



*"You can't stop the waves,  
but you can learn how to surf"*  
- Jon Kabat Zin

## Mindfulness-Based Stress Reduction (MBSR) for Mental Health Practitioners

*Led by Dharmachari Ananta*

**What:** An 8-week introduction to Mindfulness-Based Stress Reduction (MBSR) for mental health practitioners interested in learning about MBSR and incorporating techniques of mindfulness into their clinical practices/settings.

**This course is for:** Clinicians and other practitioners who work in the mental health field, whether in institutional settings, nonprofit organizations, or private practice.

**When:**

ORIENTATION (required to attend the full course):  
September 23, 10:00 - 11:00 am Eastern Time

COURSE:  
September 30 - November 18  
Thursday mornings, 10:00 am - 12:30 pm Eastern Time

DAY RETREAT:  
November 7, 10:00 am - 5:00 pm Eastern Time

**Where:** Weekly meetings via Zoom; day retreat TBD

**Fee:** \$500 - Some tuition assistance available

**About the facilitator:** Dharmachari Ananta is an Ordained Buddhist, qualified MBSR instructor (Brown University) and yoga teacher, with over 25 years of mindfulness practice and 15 years teaching experience.

**GET INFO & REGISTER:** <https://mbsr-for-mental-health-practitioners.eventbrite.com>