

Making Wellness Work: Building Your Response-Ability

Abstract:

Mindfulness practices can help build your Response-Ability, the ability to pause and avoid habitual or unintentional reaction to both internal and external events. We will explore three skills based on the national models developed by Jon Kabat-Zinn and taught in medical centers across the country. These simple --yet not always easy--techniques require no special clothing, equipment, belief or point of view. They are always within reach and can become part of your "tool kit" for skillful response to any situation that may arise.

Mindfulness Techniques we will explore:

- Awareness of the Breath
- The Body Scan
- The Thinking Process

Key Resource: Jon Kabat Zinn, Full Catastrophe Living, 1990, Dell Publishing

The Mindfulness Project, Center for Mindfulness Worcester, MA

<http://www.themindfulnessproject.org/secular.htm>

Founded by Jon Kabat-Zinn, and currently run by Saki Santorelli, this is the home of the Mindfulness Based Stress Reduction Program at the University of Massachusetts Medical Center in Worcester, MA.

Links to the original MBSR program, their teacher training and other programs, conference, research, bibliography, and MBSR trained professionals. For their tapes and CDs of guided mindfulness practices

NC Mindfulness Based Stress Reduction (MBSR) programs

Chapel Hill Integrative Medicine Program at UNC-Chapel Hill, 919-966-8586

<http://pim.med.unc.edu/mindfulness.html>

Charlotte: CMC-Mercy and co-sponsored by Charlotte AHEC, (704) 299-0768

<http://charlottemindfulnessliving.org/>

Durham: Duke Center for Integrative Medicine 866-313-0959

<http://www.dukeintegrativemedicine.org/educational/mbsr.aspx>

Winston-Salem: Wake Forest Baptist Health Center for Integrative Medicine, 336-716-9640

[http://www.wakehealth.edu/Center-for-Integrative-Medicine/Specialty-Services/Mindfulness-Based-Stress-Reduction-\(MBSR\).htm](http://www.wakehealth.edu/Center-for-Integrative-Medicine/Specialty-Services/Mindfulness-Based-Stress-Reduction-(MBSR).htm)

Sample of NC Retreat Centers:

- Southern Dharma Retreat Center in Hot Springs, NC. (828) 622-7112. (variety of spiritual traditions) www.southerndharma.org
- Avila Retreat Center in Durham, NC, 919-477-1285 (Christian) <http://avila-retreat-center.com/>
- Trinity Center, an Episcopalian retreat center open to all, Salter Path, NC. 252-247-5000 or 888-874-6287. www.trinityctr.com

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