

## Mindfulness-based Stress Reduction (MBSR) 8-week Programme

### Session Plan Week 1 - Introducing Mindfulness

Duration 2 hours

<p><b>Key Learning</b></p> <p>Learning how to increase awareness, giving us choice to respond rather than react.</p> <p>Paying attention to our experiences in the present moment- our bodily sensations, thoughts and emotions.</p> <p>Sensing into the impermanent nature of our experiences.</p>		
<p><b>Essential Meditations</b></p> <p>1 X short sitting practice</p> <p>Raisin practice</p> <p>Body scan</p>		<p><b>Resources</b></p> <p>Mats, blankets, cushion, blocks, bell, clock</p> <p>Flip chart and pens</p> <p>CDs downloads and participants handouts (sent electronically in advance)</p> <p>Raisins, plate, spoon, tissues</p> <p>Teacher Training course notes, practice guidance sheets and scripts.</p>
<p><b>Timings</b></p> <p><i>add your own here</i></p>	<p><b>Duration</b></p> <p><i>minutes</i></p>	<p><b>Teaching and delivery notes</b></p>
	10	Short sitting practice eg FOFBOC, grounding
	5	Housekeeping – WC’s, drinks, fire meeting points. Confidentiality.
	5	Introduction of yourself as the teacher and a little about your background and practice
	5	Activity: Pairs – names, where you are right now and where would you like to get to with Mindfulness practice. One noteworthy

		thing about yourself. (Tell your partner if you don't wish to share these things in Group).
	10	Each person introduces the person they were paired with to group
	15	Raisin practice + Inquiry
	5	What is Mindfulness? – JK-Z definition + further explanation
	10	<p>Course Structure:</p> <p>Attend every week if possible.</p> <p>Let me know the previous week if you can't make a particular week.</p> <p>Let us know you can't make it no matter how late you know.</p> <p>Minimum of 6 weeks required for Certificate.</p> <p>If you miss 2 weeks in a row will need to arrange catch up</p> <p>If participants don't attend for the minimum of 6 weeks they will need to arrange a catch up in order to complete the course</p> <p>4 x CD's or downloads with guided meditations. 1 x emailed document of handouts. If participants miss a week – keep going with guided meditation practices and read all relevant handouts for that week.</p> <p>We start promptly at .....</p> <p>As your teacher, I want to hear all your experiences – not just good ones. We can learn from our not so good experiences.</p> <p>Guided meditation practices – 5 days out of the 7 between Meetings.</p> <p>Efficaciousness and credibility of this Course proven by numerous scientific studies, and Functional MRI scans undertaken on participants. These depend on doing the guided mindfulness meditations for at least 5 of the days between our Meetings. Our practices are for 30 mins plus a short intro. JK-Z suggests 45 mins and a Course in London suggest 60 mins – so you are getting away lightly!</p>

	10	Set up daily mindful activities. Introduce concept of daily Mindfulness journal. Record experiences – positive and negative. (NB: leave daily activities till next time if doing scales)
	10	Practising at home (time, place, regularity, etc.) & (different) pair work on finding the time to practice.
	5	Outcome Measures. Complete now if using and again at Wk 8. Don't over analyse & put name at top. Confidential to extent that only we analyse to compare our results with National stats.
	25	Body Scan + brief inquiry
	5	Home practice: Body Scan, 1 mindful activity (if this has been introduced this week), eat one meal per week mindfully  Lovely motivating quote to share at the end to close session:  "As long as you are breathing, there is more right with you than wrong with you, no matter what challenges you are facing."

**Evaluation of session**

*Use the space below to record your reflections on your teaching of the session*

What went well?

Any challenges/ difficulties and how you overcame them?

Any actions for next time?

