

About the Meditation for Health Program

Thank you for your interest in Meditation for Health -- a medical program that teaches Mindfulness-Based Stress Reduction (MBSR) for the self-care treatment of anxiety, sleep disturbance, chronic pain, and other stress-sensitive symptoms.

For selected reading during the course, you will need a copy of Dr. Jon Kabat-Zinn's book, *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*. Meditation for Health is closely modeled on Dr. Kabat-Zinn's program, and this book describes it in detail.

MBSR has been helpful for the following conditions:

- anxiety and panic
- chronic pain
- sleep disturbance & insomnia
- gastrointestinal distress
- fatigue
- headaches
- job or family stress
- skin disorders
- high blood pressure
- stress factors in heart disease

When combined with individual psychotherapy, MBSR can help:

relapsing depression, bipolar illness, obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD). However, MBSR isn't a substitute for individual psychotherapy or ongoing psychiatric supervision. If you do have one of these conditions, talk with your doctor or psychiatrist to consider whether MBSR is appropriate for you.

If you have one of the following conditions, MBSR is not appropriate for you:

- schizophrenia or other serious psychiatric illness (unless recommended by your doctor)
- suicidal preoccupations or self-harm behavior (unless recommended by your doctor)
- hospitalization for psychiatric illness within the past 9 months (unless recommended by your doctor)
- alcoholism or substance abuse that's been active in the past 6 months
- any condition or life situation that will prevent you from practicing at home for an hour every day (this could be a demanding lifestyle, or current depression)

Parts One & Two

This 9 week program is offered in 2 parts. Many people find it more effective to experience the entire MBSR program by attending both Parts One & Two (a total of 10 group sessions over 9 weeks). However, you're welcome to attend only Part One if you prefer (that's the first 5 sessions of the MBSR program).

About Payment

The medical services of this program are covered by OHIP if you're referred by your doctor for medically necessary treatment.

As well, we charge you a fee to pay for services not insured by OHIP (including all uninsured medical services and the participation of the non-medical health professional who facilitates during the program). This fee also pays for your instructional materials (including the workbook, supplies, handouts, and 6 recordings to guide your home practice).

The Part One fee is \$295. The Part Two fee is \$295 (\$280 if you reduce our administrative costs by signing up before Session 4). We also request a deposit of \$65 which is refunded to you at the end of the program if you attend all sessions.

If you want OHIP coverage of medical services, you will need to have your medical doctor's referral when you register with us. Many Toronto doctors already know about the Meditation for Health program, but we will send to your doctor our Medical Information Package, at your request. Just tell us your doctor's name and address.

You're welcome to attend Meditation for Health without a medical referral. Perhaps you've been referred by a non-medical practitioner, or you want to study MBSR for personal or professional reasons. In that case, you can participate fully by paying for the program's medical services privately (at current OHIP rates).

What Now?

Your questions are welcome. Please contact our program coordinator, Diana Wilson, by email (info@meditationforhealth.com) or telephone (416-413-9158).

If you decide to attend Meditation for Health, Ms. Wilson will set up times for your intake appointment with the group's facilitator, and your private consultation with Dr. Sykes.

MEDITATION for HEALTH

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