

Information About Meditation for Health

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.

Meditation for Health is closely modeled on the MBSR program first developed by Dr. Jon Kabat-Zinn. If you'd like to read more about MBSR, we suggest reading Dr. Kabat-Zinn's book, *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*.

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)
- 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.

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

- 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 prevents 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. Most people find it's 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).

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 handouts and other instructional materials.

The Part One fee is \$195. The Part Two fee is \$245. You will also require 3 recordings for Part One, and 2 recordings for Part Two. Recordings cost \$4.99 for each download, or \$10 for each CD.

If you want OHIP coverage for the medical services of this program, you will need referral by your medical doctor.

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're interested to attend, reserve your spot by contacting Ms. Wilson. She will invite you to attend one of our Orientation meetings. At that group meeting, you will meet Dr. Sykes and hear more about the program. You'll have a chance to ask questions and discuss whether this program is right for you.

MEDITATION for HEALTH

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