

Mindfulness Programs at RUSH

The Mindfulness-Based Stress Reduction Program is a longer, more intensive program helps participants manage their anxiety, chronic pain and depression through a rigorous, evidence-based program.

The Stress Management Through Mindfulness and Compassion Program is a shorter, less intensive program that helps participants better manage stress and bring more balance in their lives.

Please note: The intensity and rigor of the programs is different. Referring providers and individuals should contact the program instructors before making a decision about enrollment.

Mindfulness-Based Stress Reduction Longer and more intensive

What does this program do?

Mindfulness-Based Stress Reduction (MBSR) helps participants change their relationship with major or everyday stressors, increases their mental focus and empowers them to take a more active role in their own health care and well-being. MBSR is considered the preeminent form of mindfulness training, providing an intensive, evidence-based way for participants to learn mindfulness meditation and incorporate it into their lives.

Who is the ideal candidate for this program?

Participants negatively affected by anxiety, chronic pain, illness and depression. Providers can refer their patients to the program as part of a comprehensive approach to care. Participants may be patients, RUSH employees or students.

How often is this program offered?

The MBSR course is offered quarterly with classes beginning in September, January, March and May. The class meets weekly for two hours and includes daily home practice. The class concludes with a half-day retreat.

What is the cost?

\$400. Health savings accounts (HSA) and flexible savings accounts (FSA) can be used to cover tuition. In certain cases, a participant's insurance provider may provide reimbursement if the course is prescribed by a physician to treat a specific condition.

Where can I learn more about this program?

rush.edu/mbsr

Whom can I contact to refer my patient?

Contact Rebecca Bunn, licensed clinical professional counselor, by phone at (312) 912-1893 or via email at Rebecca_Bunn@rush.edu.

Stress Management Through Mindfulness and Compassion Program Shorter and less intensive

What does this program do?

This program uses evidence-based strategies adapted from MBSR and Mindful Self-Compassion to help people manage their stress and foster greater joy in daily life.

Participants meet in groups with trained mindfulness teachers via live Zoom sessions for one hour per week for six weeks. The program uses short, guided meditations; body awareness practices; yoga-inspired movement; and an exploration of patterns of behavior, thinking, feeling and action.

Who is the ideal candidate for this program?

Anyone who is seeking practical strategies to help manage stress and increase their ability to feel compassionate toward themselves and others through both informal and formal mindfulness practices.

How often is this program offered?

The program is offered quarterly with classes beginning in September, January, March and June.

What is the cost?

This course is \$290 for RUSH employees, patients and community members and \$100 for all students. Health savings accounts (HSA) and flexible savings accounts (FSA) can be used to cover tuition with direct manager's approval.

Where can I learn more about this program?

rush.edu/mindfulness-compassion-program

Whom can I contact for more information?

Contact Jennifer Ventrelle, the course instructor, via email at jennifer_ventrelle@rush.edu or by text at (630) 272-5098.