



Rehabilitation Institute of Chicago

TAMING STRESS: MANAGING ITS EFFECTS IN MS - A SKILLS BASED INTERACTIVE DIALOGUE

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WORKSHOP GOALS

- To introduce participants to the evidence based theory of Mindfulness Based Stress Reduction (MBSR) and its relevance to the MS population.
- To identify and experience mindfulness methods.
- To encourage you to transfer these methods to your own practice.
- To explore ethical dilemmas in experiential work.
- To provide research and resources to further knowledge.



ETHICAL ISSUES

- Evaluating the applicability of using mindfulness methods with a vulnerable population.
- Importance of setting a safe place for relaxation and visualization.
- Awareness that emotional memories of trauma may come forward, with risk of reliving the experience.
- Use evidence based modalities as the only ethical interventions.



WORKSHOP FORMAT

- MICHAEL PAPPANO
 - ❖ What is Mindfulness Based Stress Reduction (MBSR) and Why is it the Hot Topic at the Moment?
 - ❖ Introducing a seated breath mindfulness meditation
- ALLISON FINE
 - ❖ Background Information on Evidence Based Practice Specific to the MS Patient
 - ❖ Using Guided Imagery and a Progressive Relaxation Exercise
- ALICIA SLOAN
 - ❖ VA MBSR Programs and Studies; MS Yoga Studies
 - ❖ Using Yoga Breathing as a De-Stressor; Office-based Yoga Movement with MS Patients



IN SUMMATION

- Review of Resources and Evidence Based Research
- Summation / Feedback / Suggestions for CMSC 2016 (Washington, D.C.)
- Remember to join our MS/MHP Special Interest Group and Roundtable tomorrow at noon!

