Introduction to Mindfulness for Educators, Students, and Clinicians
Friday, September 16, 2011 with Dr. Steve Hoppes, College of Allied Health – Tulsa

Learning Objectives

At the completion of this presentation, participants will be able to:

- Define mindfulness and discuss it as a tool to reduce stress in the classroom and clinic.
- Discuss the application of mindfulness practice in the classroom and clinic.
- Recognize evidence that supports mindfulness practice’s efficacy in reducing anxiety, depression, panic symptoms, stress, and mood disturbances.
- Explain the role of meditation in developing mindfulness.
- Describe the experience of participating in four mindfulness exercises (3 breaths, body scan, 3-minute breath awareness meditation, self-compassion meditation) designed to prepare students, instructors, and clinicians to be present for educational and clinical demands.
- Appreciate the nature of one’s own stress and implement mindfulness exercises to address it.
- Design and implement mindfulness exercises appropriate for classroom and clinical education.

September 2011 EGR Presenter

Steve Hoppes, Ph.D., OTR/L has received mindfulness training under a number of master teachers, including Jon Kabat-Zinn and his associates from the University of Massachusetts Center for Mindfulness, Sharon Salzberg of the Insight Meditation Center in Barre, Massachusetts, Andrew Holecek at Shambhala Mountain Center, and Rob Nairn at Kagyu Samye Ling Tibetan Buddhist Center. He teaches meditation at Tulsa Women's and Children's Center, a facility for women who are early in recovery from alcohol and drug addiction. He has been using mindfulness principles with his students for the past 3 years.

PowerPoint Slides
Handouts