

Mindfulness for Occupational Therapists : Introduction to Mindfulness-Based Stress Reduction(MBSR)

作業療法士のためのマインドフルネス

Lecturer:

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Time: 10:00-11:30

Room: 206

Minimum number of participants: 5

Estimated capacity: About 50 persons

Participation fee per person: Free of charge

Learning Objectives

This workshop aims to be the initial step for occupational therapists to comprehend mindfulness from both a knowledge and experiential perspective. The goal is for participants to become capable of utilizing mindfulness as a tool for self-care.

Outline

Research on mindfulness as one of the methods for stress care has significantly increased over the past decade.

Mindfulness is defined as "consciously paying attention to one's present moment experience without judgment or attachment, simply observing" (Japanese Mindfulness Association). While rooted in Buddhism as a way of being present in the mind, mindfulness has been systematized into programs aimed at enhancing one's way of living. Notably, mindfulness-based programs such as Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT) are widely employed, showing effectiveness in alleviating anxiety and depressive symptoms and preventing depression relapse.

For occupational therapists, there are two significant benefits: supporting self-care and enhancing selfunderstanding, both crucial for improving the professional competence and quality of work. This workshop will offer a brief lecture on mindfulness from an academic perspective followed by experiential exercises to engage participants in practicing mindfulness firsthand.