

8 Week Mindfulness (MBSR) Program for BIPOC Rural Healthcare Providers

May 7th–Jun 25th, 2024 – ONLINE

Tuesdays, 6:30– 9:00pm | All-Day Class Sat, June 15th, 9:00–4:30 pm

Facilitator: Rahul Gupta MD, Certified MBSR Teacher



About the Course

Mindfulness helps us relate compassionately to what is happening in our minds, bodies and relationships. This course is designed for those who identify as **people of colour, multiracial, or racialized**. Practicing mindfulness together in community helps heal wounds from systemic oppression. Together we access foundational capacities for restoring vitality and agency, towards a more just society.

Possible Benefits

This participatory, trauma-sensitive course may help us:

- Embody more regulated states
- Access ancestral mindsets to heal from colonization
- Reflect on our relative powers & intersectionalities
- Mitigate impact from racial trauma on nervous systems
- Transform our own prejudices and biases
- Strengthen capacity to create healthy boundaries
- Build courage to address racial injustice

Online Format

- 8 weekly 2.5 hour classes
- One day-long retreat
- Guided mindfulness instructions
- Group Inquiry
- Review of Science
- Practice materials

“Together, let us open the space for change, growth and caring action in a multicultural world, through socially-engaged mindfulness”.

–Rhonda Magee
Author of ***The Inner Work of Racial Justice***: Healing Ourselves and Transforming our Communities through Mindfulness. 2019

Comments from Past Providers

“The tools that I have learned allow me to be able to bring down my anxiety levels at any time, I am sleeping better, dealing with work stress and relating better with my colleagues, friends, and family.”

“This course has been life-changing. I have become a lot kinder to myself. I am better able to articulate my thoughts, feelings and needs. I have become more patient in the operating room & with my colleagues.”



Facilitator

Rahul Gupta is a physician of South Asian descent, Certified MBSR Teacher, and Somatic Experiencing Practitioner. He co-leads BC’s Physician Health Program’s BIPOC Physician Peer Support Group.

Cost & Registration

Cost & Accreditation: Free for BIPOC rural providers (MD, NP, midwives) through support from RCCbc.

Registration form:
<https://forms.office.com/r/MS7AfBdNCA>

Inquiries: contact Alison at ajames@rccbc.ca

About MBSR/Rahul: www.voice2vision.net