

8 Week Mindfulness (MBSR) Program for Rural Healthcare Providers

Jan 23rd–Mar 13th, 2025 – ONLINE

Thursdays, 6:30– 9:00pm | All-Day Class Sat, March 1st, 9:00–4:30pm

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 rural healthcare providers (MD, NP and midwives). Practicing mindfulness together in community we may restore a sense of vitality and agency to act in our collective best interest.

Possible Benefits

This participatory, trauma-sensitive course may help us:

- Embody more regulated states
- Better tolerate uncertainty, change and complexity
- Perceive self and others with more clarity and compassion
- Strengthen capacity to create healthy boundaries
- Mitigate symptoms of exhaustion and trauma
- Recognize and transform our own prejudices and biases

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 and Certified MBSR Teacher, endorsed by the Center for Mindfulness to facilitate these 8-week programs. He is also a Somatic Experiencing Practitioner and employs trauma-sensitive approaches.

Cost & Registration

Cost & Accreditation: Free for 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