



Mindfulness Programs at RUSH

RUSH University Medical Center has two mindfulness-based programs. The first helps referred or self-identified participants manage their anxiety, chronic pain and depression through a rigorous, evidence-based program.

The second program supports RUSH employees and students to better manage stress and bring more balance in their lives.

Please note: While both programs are available to RUSH employees and students, the intensity and rigor of the programs is different. Referring providers or individuals should contact the program instructors before making a decision about enrollment.

Mindfulness-Based Stress Reduction

What does this program do?

Mindfulness-Based Stress Reduction (MBSR) helps participants reduce the tension caused by major or everyday stressors, increases their mental focus and empowers them to take a more active role in their own health care and well-being. MBSR is considered the preeminent form of mindfulness training, providing an intensive, evidence-based way for participants to learn mindfulness meditation and incorporate it into their lives.

Who is the ideal candidate for this program?

Participants negatively affected by anxiety, chronic pain and depression. Providers can refer their patients to the program as part of a comprehensive approach to care. Participants may be patients, RUSH employees or students.

How often is this program offered?

The MBSR course is offered quarterly with classes beginning in September, January, March and May.

What is the cost?

\$400. Health savings accounts (HSA) and flexible savings accounts (FSA) can be used to cover tuition. In certain cases, a participant's insurance provider may provide reimbursement if the course is prescribed by a physician to treat a specific condition.

Where can I learn more about this program?

rush.edu/mbsr

Whom can I contact to refer my patient?

Contact Rebecca Bunn, licensed clinical professional counselor, by phone at (312) 912-1893 or via email at Rebecca_Bunn@rush.edu.

Stress Management Through Mindfulness and Compassion Program

What does this program do?

This program uses evidence-based strategies adapted from MBSR and Mindful Self-Compassion to help people manage their stress and foster greater joy in daily life.

RUSH employees and students meet in groups with trained mindfulness teachers via Zoom for one hour weekly for eight weeks. The program uses short, guided meditations; body awareness practices; yoga-inspired movement; and an exploration of patterns of behavior, thinking, feeling and action. Attendees are invited to join a growing mindfulness community group.

Who is the ideal candidate for this program?

RUSH employees and students who seek strategies to help manage stress and increase their ability to feel compassionate toward themselves and others.

How often is this program offered?

The program is offered quarterly with classes beginning in September, January, March and May.

What is the cost?

This course is free to all RUSH employees and students.

Where can I learn more about this program?

insiderush.rush.edu/wellness

Whom can RUSH employees and students contact for more information?

Employees and students can contact Jennifer Ventrelle, the course instructor, via email at jennifer_ventrelle@rush.edu.