

Jon Kabat-Zinn, PhD, is internationally known for his work as a scientist, writer, and mindfulness meditation teacher engaged in bringing mindfulness practices, especially mindfulness-based stress reduction (MBSR), into the mainstream of medicine and society. He is Professor Emeritus of medicine at the University of Massachusetts Medical School, where he was founding executive director of the Center for Mindfulness in Medicine, Health Care, and Society, which celebrated its 30th Anniversary in 2009. He was the former director of its world-

renowned Stress Reduction Clinic. More than 200 medical institutions nationwide and abroad now use the clinic's MBSR model to teach mindfulness meditation.

Dr Kabat-Zinn's research since 1979 focused on mind/body interactions for healing; the clinical applications of mindfulness meditation training for people with chronic pain; stress-related disorders; psoriasis, and cancer; the effects of MBSR on the brain, emotions, and the immune system; with prison inmates and staff; in multicultural settings; and on stress in various corporate settings and work environments.

Dr Kabat-Zinn is the founding convener of the Consortium of Academic Health Centers for Integrative Medicine, a network of deans, chancellors, and faculty at major United States medical schools engaged at the creative edges of mind/body and integrative medicine. He also serves on the board of the Mind and Life Institute, a group that organizes dialogues between the Dalai Lama and western scientists and scholars.

Dr Kabat-Zinn is well known for his best selling books *Full Catastrophe Living; Wherever You Go There You Are: Mindfulness Meditations on Everyday Life Coming to Our Senses: Healing Ourselves and the World Through Mindfulness* and through the Bill Moyers' PBS Special *Healing and the Mind*.

He is also co-author, with his wife Myla, of *Everyday Blessings: The Inner Work of Mindful Parenting*

**Books and CDs by Dr Kabat-Zinn will be available for purchase and signing at the event.**

For more information on Dr Jon Kabat-Zinn's work and research:  
[www.umassmed.edu/cfm](http://www.umassmed.edu/cfm)  
[www.mindfulnessstapes.com/author.html](http://www.mindfulnessstapes.com/author.html)

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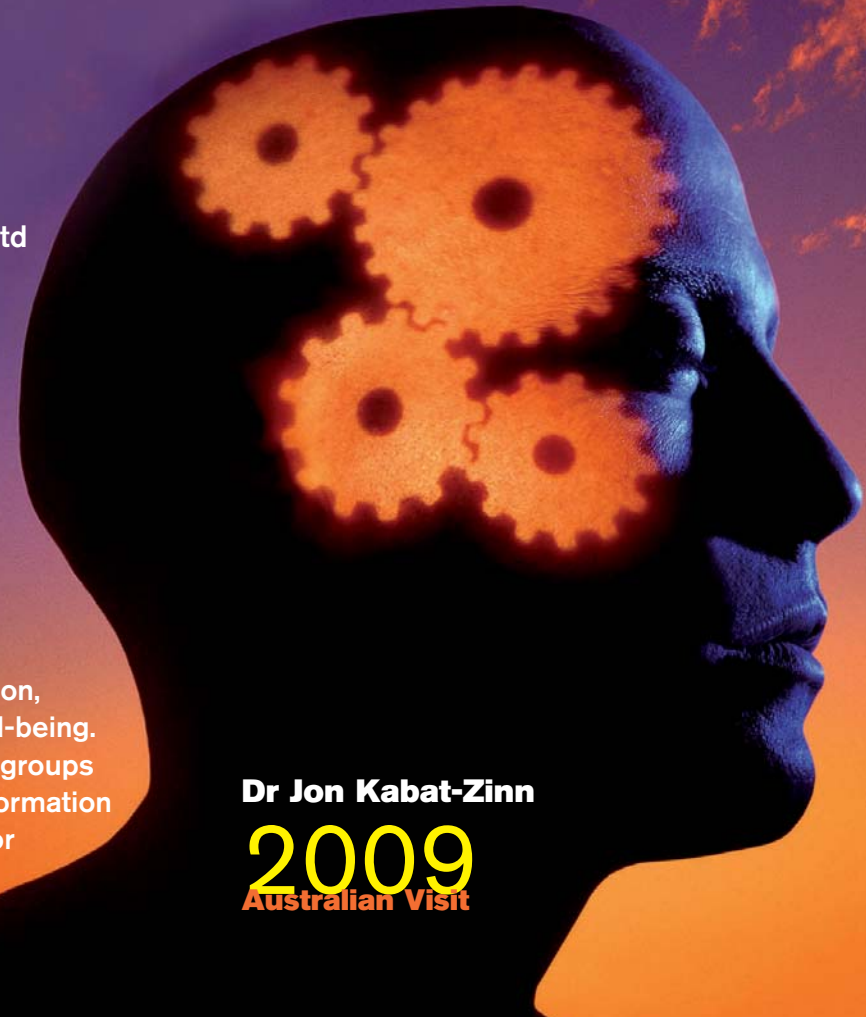
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***Stress is manageable, try mindfulness***

The centre is a facility for the practice of meditation & mindfulness in connection with health, stress reduction, lifestyle enhancement and personal well-being. It provides resources for organisations, groups and individuals seeking support and information for meditation & mindfulness practice for the management and reduction of stress.

For further information and details go to <http://stressreductionincentreinaustralia.com>  
Email: [info@srcal.com](mailto:info@srcal.com)  
Phone: (61-2) 9487 3321



**Dr Jon Kabat-Zinn**

**2009**  
**Australian Visit**

**Friday 13 November 2009**

***Arriving at Your Own Door***

*Mindfulness, Healing, and the 'Full Catastrophe' of Everyday Life*

