

M-STAR (Mindfulness-based Stress & Anxiety Reduction)

INTRODUCTION

M-STAR (Mindfulness-based Stress & Anxiety Reduction) is a mindfulness-based stress management program specially tailored for relaxation and wellness. It is based on state-of-the-art research in mindfulness, positive psychology and cognitive behavioral therapy. The program will be conducted in didactic and experiential approach to ensure maximum learning and benefits. It is divided in two parts - M-STAR I (4 weeks) and M-STAR II (4 weeks), with weekly 2-hour meetings and daily exercises, and a two weeks break in between M-STAR I and M-STAR II for consolidation of practice.

CONTENT OUTLINE

M-Star I	M-Star II
Week 1: Introduction to M-STAR, ABC of Stress, What is Mindfulness?, Progressive Muscle Relaxation	Week 1: ABC of Thought, Mindfulness of thoughts, Managing 'Thought Attack', Sound Awareness exercise
Week 2: Mindfulness of 'here-and-now', Deep Relaxation Breathing, Breathing Space – S.T.O.P.	Week 2: ABC of Emotion, Mindfulness of Emotions, Emotional First Aid, Urge Surfing exercise
Week 3: Mindfulness of Body, Rotation of Body Awareness, Body Scan & Kindness	Week 3: Lotus Imagery, Gratitude exercise
Week 4: Pleasant Imagery, Positive Affirmation	Week 4: Mountain Imagery, Loving-kindness meditation

WHO SHOULD ATTEND

Any adults. Maximum 15 participants per class.

TRAINER – DR. PHANG CHENG KAR (BSc., M.D., M.Med. Psych)

Biodata: Lecturer and Psychiatrist from the Department of Psychiatry, Faculty of Medicine & Health Sciences, Putra University of Malaysia (UPM). Author of 2 books, "Don't Worry, Be Happy," "Don't Worry, Be Healthy," & currently working on his 3rd book, "Don't Worry, Be Mindful." President of KL Buddhist Mental Health Association (BMHA).

MEDIUM OF CONDUCT - English

COURSE FEE - RM 380 per pax (M-Star I)

RM 700 per pax (If sign up both M-Star I & M-Star II)

DATE/TIME – M-Star 1 - 4 Classes (7th, 14th, 21st, 28th January 10)

M-Star 2 - 4 Classes (18th, 25th Feb 10 & 4th, 11th March 10)

(Every Friday 8pm -10pm)

VENUE - WELcafe, Turning Point Integrated Wellness Sdn. Bhd.

