



Jon
Kabat-
Zinn &
Scott
Martin

Mindfulness Based Stress Reduction was created in 1979 by molecular biologist Dr. Jon Kabat-Zinn as a treatment for chronic pain. Participants reported significant reductions in their experience of pain. MBSR has now made its way into all parts of society, including business, medical, and education and has a mountain of data backing up its' effectiveness decreasing anxiety, depression and lowering medical symptoms across the board on an average of 40%.

This 8 week class meets once a week for 2.5 hours in a group environment and between the 6th and 7th weeks there is an all day seminar that is a part of the course. Harvard studies have shown fMRI brain scans where participants have been mapped to have increased gray matter tissue in areas associated with executive function, changes in the amygdala where we process fear and pain, and changes in the self referential system among others.



Holding the space
...together!



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Mindfulness Based Stress Reduction



"You can't stop the waves,
but you can learn to surf"
-John Kabat-Zinn

The East Texas Stress
Reduction Clinic

www.ETSRC.org

Common Reasons for Referrals:

Asthma
Chronic Pain
GI Stress
High Blood Pressure
Headaches
Anxiety & Panic Episodes
Diabetes
Cancer
Sleep Disturbances
Heart Disease
Psychological & Emotional Stress
HIV
Aids
Skin Disorders
Fibromyalgia
Job / Family Stress
Pre & Post Surgery Stress
Feeling "Out Of Control" / "Just Not Right"



About the Instructor:

Scott Martin holds a Masters in Clinical Mental Health Counseling and has received training to teach MBSR from the Center of Mindfulness. He is trained as a Tony Robbins/Madannes Strategic Intervention Coach and Human Needs Psychology. Scott is a Reiki Master and has been licensed as a neuro-muscularmassage therapist for over a decade and brings an intricate understanding of the body to stress reduction. Scott is trained in (EMDR) Eye Movement Desensitization Reprocessing, (EFT) Emotional Freedom Technique, (SRI) Somato Respiratory Integration and has worked as a counselor with multiple populations including homeless vets, county inmates, as well as individuals and couples. Scott specializes in emotional trauma and working with the body's felt senses. Scott is the author of a mindfulness for kids book series, a contributing college textbook author on the psychology of stress, and is a dynamic lifecoach for all areas of growth including business and relationship transformation.

Customer Testimonials:

The group process is very beneficial, even therapeutic. I feel more at ease, at peace and overall happier.

Did my best to get every second of Scott's sharing about mindfulness. No doubt this man can help anyone with an open mind. Thank you Scott!

I feel an immense benefit from doing this. I'm much more relaxed and mindful during the week, without even trying.
I realized I liked my self better than I thought.

I did not anticipate how much better I would be feeling physically in such a short amount of time.

My job has been terribly stressful the past few months. And it's only gotten worse. But this week, for some reason I wasn't as angry and tense as usual. I couldn't figure out why I wasn't more upset. Why I wasn't reacting the way I usually do. And it suddenly dawned on me, that the only thing that's changed in my life is meditation. So, I just wanted to thank you again for offering this class because it has made such a huge difference in my life.

Meeting Scott and taking the meditation class was the best thing I've ever done for myself. It has really changed my life and how I cope with things. I have accomplished every goal I've set my mind to.

