



M.H.A.S.O.



MBSM:

• Mindfulness- • Based Symptom • Management

Embrace Now, Discover Clarity, Transform Suffering

8-Week Online Training

Starting February 4th, 2026

Wednesdays From 6:30-8:30 pm ET

+ Half Day Retreat

Facilitated by Shontelle Prokipcak MSW RSW

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**Join us! Email Ray Walli at
info@mhaso.ca to Register!
Or visit www.mhaso.ca/groups**

Program developed by:
Lynette Monteiro PhD & Frank Musten PhD
May be covered by health care benefits.

**Only
\$440
+ HST**



613.225.7272 •

www.mhaso.ca •

200-1489 Merivale Road, Ottawa, ON, K2E 5P3 •

MBSM: MINDFULNESS–BASED SYMPTOM MANAGEMENT



WHAT IS MBSM?

- A mindfulness-based intervention integrating Buddhist ethical frameworks, virtues, and Western psychology to support people living with chronic illness, pain, mental health symptoms, and burnout.
- Designed not only to teach stress and pain-management techniques, but also to emphasize living with ethical awareness and compassion—anchored in mindfulness as applied ethics.

CORE PRINCIPLES & STRUCTURE:

- Draws from established programs like Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT), but with a special focus on symptom management and virtue cultivation.
- The coursework combines meditation (e.g., body scan, breath awareness), loving-kindness practices, mindful movement, daily mindful living, and reflective exercises rooted in ethics.
- The program is delivered in an 8-week format, individually or in groups, supported by daily home practice and guided exercises using the Mindfulness Starts Here Workbook.
- MBSM is broader, offering support for both somatic symptoms and emotional health, and oriented toward empowering choice, resilience, and wise living.

WHO IT HELPS & WHY IT'S VALUABLE:

- Ideal for individuals managing chronic pain, illness, anxiety, depression, or burnout, and looking for tools that address both their inner experience and lifestyle.
- Offers a practical bridge between mindfulness meditation and real-life symptom management, while encouraging ethical living and compassion.
- Delivered through programs at Mental Health & Addiction Services of Ottawa with trained facilitators (e.g. Shontelle Prokipcak) to guide participants through the 8-week journey using the workbook and in-class learning. Half-Day, Full-Day, & 5-Day retreats offered occasionally.