



Mindfulness-based Stress Reduction Program

The “Code Lotus” project with the motto “Heal Yourself” was launched in 2018 pursuant to the investments on **integrative medicine** at American Hospital. As we can see examples in numerous pioneering hospitals, such as Cleveland Clinic and MD Anderson, Code Lotus Mindfulness Center offers programs and workshops that are tailored to our patients, who work under heavy stress, our patients and everybody, who do not feel good due to pace and stress of modern life.

We create 8-week MBSR (Mindfulness-Based Stress Reduction) Program started and actively maintained by Dr. Jon Kabat Zin at Mass General Hospital and the program that is designed particularly for people with burnout syndrome and stress-related tiredness is implemented under supervision of physicians.

How does MBSR work?

MBSR program is fundamentally a group that is based on a systematic and intense training to teach mindfulness with meditation, mindful action and daily life practices. It is scientifically proven that it creates positive changes in brain by using neuroplasticity only in 8 weeks. Mindfulness practices are acknowledged in Europe and the U.S. and actively used in many areas.

How does MBSR help you?

- It improves elastic endurance capacity of the nervous system by teaching open, prejudice-free and caring mindfulness to tough experiences of daily life.
- It affects brain areas that are responsible for learning, focusing, making decision, planning and regulating emotions positively.
- It improves skills of body awareness and keep yourself grounded in the moment through physical senses.
- It contributes to management and reduction of stress and resultant chronic pain.
- It makes you gain more effective coping skills in short- and long-term stressful conditions.
- It alleviates mental tiredness.
- It provides the skill of managing the emotions with a calm mind without getting lost in the flood of tough emotions.
- It influences your relationships positively by offering interpersonal mindfulness, namely presence, kindness and being prejudice-free.
- It converts our reactions that had transformed into habits by creating new perspectives for how we perceive harsh experiences.
- Knowledge of all techniques you will learn in this program will be with you in rest of your life and the program provides you with a toolbox that you may use whenever you need.



PROGRAM

- Preliminary Discussion with Doctor

Orientation Day: January 12th, Wednesday 19:30-22:00

1st Session: January 19th, Wednesday 19:30-22:30 (3 hours)

2nd Session: January 26th, Wednesday 19:30-22:00 (2.5 hours)

3rd Session: February 2nd, Wednesday 19:30-22:00

4th Session: February 9th, Wednesday 19:30-22:00

5th Session: February 16th, Wednesday 19:30-22:00

6th Session: February 23rd, Wednesday 19:30-22:00

Seclusion (Silence Day): February 27th, Sunday 10:00-16:00 (6 hours)

7th Session: March 2nd, Wednesday 19:30-22:00

8th Session: March 9th, Wednesday 19:30-22:30 (3 hours)

- *This program involves 1-hour collective discussion with our Nutrition Specialist.*
- *All meetings will be performed online.*

About Doctors:

ELİF ALTUĞ, M.D. Pulmonary Medicine



1988 yılında İstanbul Amerikan Robert Lisesi'nden mezun oldu. İstanbul Üniversitesi İstanbul Tıp Fakültesi'nde tıpta uzmanlık eğitimini tamamladı. Cerrahpaşa Tıp Fakültesi Göğüs Hastalıkları ve Tüberküloz Anabilim Dalı'nda uzmanlık eğitimi sonrası 2002'den bugüne Amerikan Hastanesi'nde Göğüs Hastalıkları Uzmanı olarak çalışıyor. 2016 yılından beri ise Göğüs Hastalıkları Bölümü içeriğindeki Sigara Bırakma Polikliniği'nin sorumlusu olarak görev yapıyor. Cardiff-İngiltere'de Prof. Dr. Stephen Rollnick'in Motivational Interviewing Training Workshop'ını tamamladı. Aynı yıl Berra Sertel ile Yin yoga eğitmenlik eğitimi ve 2017'de Zeynep Aksoy Advayta Yoga Eğitmenlik eğitimlerini kendine kattı. Mindfulness Institute Zümra Atalay'dan MBSR programını ve Günsu Engin Mindlight Okulu'nda 8 haftalık Mindfulness programlarını tamamladı. Amerikan Hastanesi Code Lotus Mindfulness Merkezi'nde Yin yoga dersleri ve Hastane içi Sağlık Çalışanları için Mindfulness eğitimleri veriyor.

MÜJDEGÜL TÜRKERİ, M.D. Cardiovascular Diseases



She was born in Balıkesir in 1971. She studied medicine in Osmangazi University, Eskişehir. She had doctorate degree on Public Health and Epidemiology in Gazi University, Ankara. She had worked at Ministry of Health until 2004. Following her doctorate degree on Cardiopulmonary Physiopathology and Cardiac Rehabilitation in Sapienza University of Rome, she worked as cardiologist at Rome American Hospital from 2014 to 2017 and Associate Professor in Sapienza University of Rome. Following her cardiologist career at Rome Olympic Federation-CONI for one year, she worked at Cardiopulmonary Rehabilitation Department of San Raffaele Hospital. She has been working at American Hospital since 2018. Moreover, she is consultant doctor for Code Lotus Mindfulness Center.

DIETICIAN BERCİS GÜNER Nutrition and Diet



Being graduated from Mersin Science High School in 2007, Bercis Güner was graduated from Nutrition and Dietetic Department of Health Sciences School, Hacettepe University in 2012. Ms. Güner has been clinic dietician at American Hospital since 2013 and she completed the functional and integrative nutrition training at Integrative and Functional Nutrition Academy in 2020. She consults patients at inpatient and outpatient settings as supervisor dietician of Functional Medicine, Internal Medicine and Code Lotus units of American Hospital.

About Trainer: **GÜNSU ENGİN**



She has >10-year practitioner and trainer experiences in yoga and mindfulness. She attended 500-hour Yoga Competency program with Zeynep Aksoy and BreathingMind Mindfulness Specialty Program with David Cornwell. She instructs yoga and mindfulness at Code Lotus Mindfulness Center and she conducts "8-Week Mindfulness-based Smoking Liberation Program" , the first program in Turkey, with Dr. Elif Altuğ. She is an instructor with trauma knowledge. In addition to "Behavior Change Facilitator" training that focuses on mindfulness-based management of anxiety, eating habits and smoking with Dr. Judson Brewer, an addiction psychiatrist and neuroscientist, she studies MBSR trainer training in Bangor University, the U.K. She carries out both MBSR and 8-week Mindfulness Programs with the Mindfulness Curriculum that she had developed.

To register for the program:

Price: 2,950 TL (Incl. V.A.T.)
Training Hour: Wednesday 19:30

Location of Training: Zoom

<i>NAME OF BANK</i>	<i>IBAN NO*</i>	<i>CURRENCY</i>
YAPI KREDİ BANK	TR 7600 0670 1000 0000 0016 9935	TL
GARANTİ BANK	TR37 0006 2000 3830 0006 2941 19	TL

* Please write "Code Lotus MBSR Programı" for the payer and "Moment Eğitim Araştırma Sağlık Hizmetleri ve Ticaret A.Ş." for the recipient and send receipt and copy of your identity card.

For further detail & information: codelotus@amerikanhastanesi.org or (0212) 311 34 80

Facebook: <https://bit.ly/2ZvWwJj> Instagram: <https://bit.ly/2yD7jph>

DETAILS ABOUT REGISTRATION:

You will have 8 classes (each lasting for 2.5 hours) + 6-hour seclusion day + supportive reading material + voice recordings of meditation to support home exercises.

Participation Conditions and Considerations:

- Participant will personally meet doctors in preliminary discussion of MBSR.
- Participant will personally meet Code Lotus specialists in closing discussion of MBSR.
- Since doctors know that MBSR program is a closed group, they will not participate sessions throughout the training.
- Collective meeting with Nutrition Specialist will be held for once.
- MBSR is an intense program that involves 30 hours of training. It requires commitment and attendance to perform 40-minute mindfulness practices everyday for 6 days of a week in 8-week program.
- The program is extremely interactive and your full participation to online zoom meetings is expected.
- You need to use your computer (or tablet), not your cell phone, for online Zoom meetings.
- You will need smooth and strong Internet connection.
- Your camera and microphone should be "On" throughout the meeting.
- The program is a group study. Partner studies form a large and substantial part of the program. Partner studies are closed to access of the trainer and they are completely confidential practices between persons who share experiences and feelings.
- Courses will be attended over Zoom. Materials will be available in a web portal.
- Full participation to at least 6 online meetings and 1 seclusion is required to have a participation certificate for "Code Lotus Mindfulness-based Stress Reduction Program". In other words, you have the right not to attend online meetings twice.
- "Code Lotus Mindfulness-based Stress Reduction Program" participation certificate is issued for participants who complete the program. This certificate is internationally recognized that also meets preliminary conditions of MBSR Trainer training.

- If you skip 3 classes, participation certificate is not delivered, but you may continue attending the program for your training.
- If you do not attend 4 classes, we will encourage you stop your participation and attend the next 8-week program regularly.
- Online meetings will be saved for your safety. These records shall be sent only to ones, who could not participate to the meeting.