

UAMS News Bureau

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News Release

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**UAMS Mindfulness Program
Offers Self-Compassion Course**

LITTLE ROCK — The University of Arkansas for Medical Sciences (UAMS) Mindfulness Program is offering mindful self-compassion courses to the public during June that teaches participants self-kindness, common humanity and mindful awareness.

The program's first Mindful Self-Compassion course is being offered this month. The course lasts eight weeks and consists of two classes a week — one that lasts two hours and one just 30 minutes. There is also a four-hour retreat on Saturday, July 29.

The upcoming course is being held in-person 4-6:30 p.m. June 28 through Aug. 16 with Jim Holland, LCSW and Matt Boone, LCSW, at this [registration link](#).

Research shows self-compassion is strongly associated with emotional well-being, less anxiety, depression and stress, improved maintenance of healthy habits such as diet and exercise, and satisfying personal relationships. Participants of the course will learn mindful self-compassion through meditation, short talks, experimental exercises, group discussions and home practices. While mindfulness is a big part of mindfulness self-compassion, the course is about learning self-compassion, not mindfulness.

The course fee is \$300 and open to the public. UAMS faculty, staff and students can take the course for free. Details about Mindfulness Self-Compassion can be found on [UAMS Mindfulness Program website](#).

This course will be held in person at the UAMS Winthrop P. Rockefeller Cancer Institute.

To register, visit mindfulness.uams.edu/mindful-self-compassion/ or email the UAMSMindfulnessProgram@uams.edu.

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Page 2

The UAMS courses are taught by certified mindfulness teachers from UAMS. Additional courses and dates with our other certified instructors will be announced on the Mindfulness.UAMS.edu website. Pele Yu, M.D., directs the UAMS Mindfulness Program.

UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; a hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute and Institute for Digital Health & Innovation. UAMS includes UAMS Health, a statewide health system that encompasses all of UAMS' clinical enterprise. UAMS is the only adult Level 1 trauma center in the state. UAMS has 3,240 students, 913 medical residents and fellows, and five dental residents. It is the state's largest public employer with more than 11,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's, the VA Medical Center and Baptist Health. Visit www.uams.edu or www.uamshealth.com. Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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