



Presenter & Presentation Details

As of: 3/30/2018

Presenter & Session Summary

Presenter Full Name and Degrees:
**Vicki Kennedy Overfelt, MA,
Certified MBSR Instructor**

Presenter#
1002

Organization:

Session #:
273

Day: Date: Start Time: End Time:
Thu April 12 4:10 PM 5:00 PM

Room:
Salon DEF

Presentation/Poster:
Presentation

Session Type: Session Title:

**Keynote
Speaker**

An Exploration of Stress Through the Lens of Mindfulness

Session Details

Session Description:

This presentation will offer an overview of mindfulness, specifically covering:

- how the practice can assist us in working with the stress in our lives,
- a brief overview of the science validating the benefits of a mindfulness practice,
- experience with three different formal mindfulness practices.

Learning Objectives:

Participants will learn a working definition and understanding of what mindfulness is.

Through lecture, discussion, and practice, participants will have an understanding of how the practice of mindfulness can assist us in managing daily stress.

Participants will have an experiential understanding of 3 basic mindfulness practices and what they might safely and effectively practice on their own.

Presentation Methods:

The teaching strategy is a combination of lecture/presentation, individual practice opportunity, large group discussion, dyad discussion.

Presenter Details

Resume or Biographical Sketch:

Vicki Kennedy Overfelt received her Masters of Arts in Education with an emphasis in educational administration from Columbia University, Teachers College. For the past 11 years, Vicki has focused her instruction specifically on the study of stress reduction through the practice of mindfulness and specializes in the delivery of Mindfulness Based Stress Reduction (MBSR). Vicki received her MBSR training through the Center for Mindfulness in Medicine, Healthcare, and Society, located at UMASS Medical School, founded by Jon Kabat-Zinn in 1979. A practitioner of mind-body disciplines for more than 25 years Vicki follows a dedicated retreat practice which fortifies her devotion and understanding of the material she is dedicated to sharing with others. She teaches adult MBSR courses in Salt Lake and Davis counties.

End of Presenter & Session Summary