Gain the Mindfulness Edge in Your Work and Life

Earn an Advanced Certificate in Mindfulness-Based Healthcare and Human Services (MBHHS)

Open to All Healthcare and Human Service Professionals

Reasons why:

• Conveniently accessible—just three classes and 100% online
• Taught and facilitated by skilled mindfulness practitioners
• Hands-on curriculum immediately applicable in the workplace

Mindfulness teaches you to be more present and connected—gain the skills, knowledge, and know-how to be a leader in creating, implementing, and evaluating mindfulness-based interventions and programs in your workplace. Become knowledgeable in the current research of skillful practice that ultimately fosters traits that support resilience, a healthier self, and enhances professional teamwork.

Request More Information Today
explore.sjsu.edu/mindfulness-2020
Check out our Amazing Instructors

Megan Chang, Ph.D., OTR/L, is an Associate Professor in SJSU’s Occupational Therapy department and earned her Ph.D. in Occupational Science, M.S. in Applied Biostatistics and Epidemiology, M.A. in Occupational Therapy from the University of Southern California, and a B.S. in Occupational Therapy from the National Cheng Kung University in Taiwan. She is passionate about teaching healthcare and human service professionals to apply MBSR research evidence in their practice and actively engages students in research activities to collaboratively strengthen their knowledge base.

Rochelle McLaughlin, MS, OTR/L, MBSR, is the founding director and lead instructor for the Advanced Certificate in Mindfulness-Based Healthcare and Human Services (MBHHS) Program. Rochelle earned an MS in Occupational Therapy from SJSU in 2000 and received her certification to teach Mindfulness-Based Stress Reduction (MBSR) from the University of Massachusetts Medical School’s Center for Mindfulness. She has taught MBSR and MBOT to several hundred participants at SJSU since 2008 and she regularly leads multi-day in-person retreats and online courses on applied mindfulness nationally and internationally.

Melissa Sutor, MS, MA, is an SJSU Adjunct Faculty member in the MBHHS Advanced Certificate Program. She also works as a Counseling Psychologist, is the Founder and Director of Dragonfly Healing Center, and a Mindfulness-Based Stress Reduction (MBSR) Teacher. Melissa teaches Mindfulness-Based Stress Reduction (MBSR) at Kaiser Permanente Medical Center in Maui and consults with staff on mindfulness programs at other clinics nationally and internationally.

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