MINDFULNESS EDUCATOR AND MBHHS FOUNDER
– Rochelle McLaughlin

Rochelle McLaughlin is the founder, coordinator, and lead instructor for the Advanced Certificate in Mindfulness-Based Healthcare and Human Services (MBHHS) Program open to all healthcare and human services practitioners worldwide, launching the Fall of 2020 at SJSU.

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. Rochelle is a certified Gut and Psychology Syndrome (GAPS) Practitioner, she has completed advanced studies in Humanistic Psychology, ancestral healing, integral somatic-based modalities, equine-assisted therapies, as well as socio-cultural, and ecological justice strategy. She has taught MBSR and MBOT to several hundred participants for the Department of Occupational Therapy since 2008 and she regularly leads multi-day retreats on applied mindfulness nationally and internationally.

Rochelle has personally and professionally experienced and witnessed the integration of mindfulness meditation practice as an extraordinary healing balm for the heart, body, mind, and soul as well as a practice of transforming relationships to self and other. She has woven mindfulness into patient care settings such as mental and physical disabilities, pediatric care, cancer care, and chronic pain. She has integrated mindfulness into a wide variety of educational settings.

Rochelle’s teachings are rooted in her own embodied experiences of the transformative power of mindful awareness practices and she looks forward to the collective and collaborative journey weaving mindfulness into healthcare and human services through our unique experience and expression of these profound and personal practices in our lives.

For more information, please visit www.sjsu.edu/mindfulness.
Testimonials from Rochelle McLaughlin’s Courses

“This course opened my eyes to the emotional pain I had been ignoring and/or unaware of. Although the growth I experienced during the course was difficult, it was a critical growth period for me. Involvement in Rochelle’s mindfulness course has changed my perspective in many ways and provided me with tools I will use for the rest of my life and throughout my career.”
- Alyson Bothman

“I found Rochelle’s course extremely valuable and am very pleased with what I learned and the small changes I’ve noticed in my daily life. I feel I have left this course with a deeper understanding of myself as well as a deeper appreciation for each moment. I have a heightened awareness for things I previously let fall under the radar. I also understand that, like anything learned, I must continue to train my brain to maintain and grow upon all I have gained from this course.”
- Allison Inloes

“The most significant thing I learned about myself in Rochelle’s course was that I’m very quick to show kindness to others, but I don’t show kindness to myself. I initially assumed that the biggest thing I would learn from this course would be meditation, so I’m surprised that it was actually self-compassion and self-kindness. I’m starting to become aware of how I treat myself, and how I let others treat me. Taking this course has allowed me to look at myself objectively.

In addition, before this course, I have always been stuck with conditioned responses, like I was reading a script and just saying what people expected me to say. This experience has allowed me to be more intentional in my everyday life. For example, being intentional with practicing mindfulness has given me the ability to regularly schedule mindfulness activities into my days. I’ve never felt so in control of my time and my life. It’s liberating to realize that I have the ability to live my life the way I want to, rather than feeling powerless and letting the years pass me by.”
- Betty Ghang

“I had several preconceived beliefs before Rochelle’s course, including the idea of focusing on self-care. I thought I was already doing a decent job of integrating self-care practices and routines into my hectic schedule. Through this amazing course, I uncovered a number of disillusioned beliefs that held very little value or meaning. After this realization, I knew I needed to change my concept of self-care routines.”
- Brigitte Butler

“After Rochelle’s course, I was able to establish a strong internal discipline to motivate myself towards a healthier and more consistent way of living through mindfulness in place of relying on others to motivate me. By week four of the course, I suddenly discovered a level of inner peace I had never had nor believed I ever would be capable of having in my entire life. The acceptance I gained for myself as well as the realization of my potential for an existence not governed by my
fears were extremely valuable to me. Engaging in this course and this work has been an incredibly fulfilling experience and has given me an entirely new and accessible set of tools for self-observation that I will take forward with me beyond this class.”

- Brenna Craig

"Reflecting upon the course and what I learned about myself, it was the catalyst for the beginning of a personal and spiritual awakening....it gave me permission to slow down."

- Sydney Shiroyama

“This course allowed me to engage in self-observation and discover things about myself I had not been fully aware of before. I started to notice how our negative mantras keep us in this state of anxiety and fear. Verbally wishing myself goodwill and kindness felt strange at first but then it felt so good. I noticed that the more I practiced this meditation the less I sought perfection. The more I wished kindness to myself the less fear I felt about making mistakes, and the less upset I felt towards myself when I did not meet the expectations I had set out for myself. It helped cultivate a sense of contentment and enabled me to enjoy the present moment as is.”

- Ana Flores

"MBSR has had a long-lasting impression on my interactions with the world, myself, and my practice. I learned that I can fall victim to tracking my growth in a way that is all-too-focused on an idea of arrival or mastery."

- Victoria Luby

"The interesting thing is the habits I have developed through participation in this course are not exactly what I had imagined, in that they are much more subtle in the actual act but profound in the effect they have on my day-to-day life."

- Joe R. Shannon

"Mindfulness increased my awareness of my habitual explanatory style of victimization, internal and externalized reactions to difficulty, and also fostered a newfound sense of self-acceptance and gentleness. I am profoundly grateful for the sense of empowerment and cultivation of compassion that a regular meditation practice continues to engender in me."

- Catherine Sheehan

“The most significant thing I learned about myself during this course was that I am capable of relaxing and enjoying the present, even with a million things to do in the future.”

- Megan Leu

"This course changed my life in a variety of ways and I’m excited to see how the inclusion of mindfulness in my life evolves and how it impacts me in the future."

- Josh Sopolski
"Rochelle is a wonderful teacher of mindfulness. She always made me feel heard, respected and appreciated. She facilitated the formation of a strong group of people."
- Anonymous

"Rochelle is a wonderful teacher. I truly value her teaching style and this class. She struck the perfect balance of holding us accountable, but also being accepting and understanding of where we were at during that time. I also appreciated that she greeted us the first day by our first names. It made me feel valued and she took the time to care."
- Anonymous

"Rochelle did an amazing job of creating an environment where everyone felt comfortable and welcome to share any and all experiences. Her calm, caring, and open demeanor made coming to class something to look forward to, even during the most stressful of times. I am so grateful to have the opportunity to study and practice mindfulness with her and feel that I have benefited tremendously from her expertise."
- Anonymous

“I truly admire Rochelle and want to learn all that I can from her. Her openness and devotion to the subject matter of this class as well as to the well-being of her students is very evident. She creates an inviting and supportive classroom atmosphere. Her demeanor and paced speech promote a calm setting. Her diverse and unique teaching methods provided much-needed change to the typical classroom of lecture and notetaking. She put our lessons into action, making them applicable to our daily lives. Her class honestly change my life and I hope to work with her more in the future!"
- Anonymous

“Rochelle exudes a genuine desire for her students learning and future. She is passionate about Mindfulness and always eager to help her students learn. She has a calm demeanor and approachability are particularly relevant to the course materials, as well as pleasant to be around.”
- Anonymous

“Clear articulation of ideas, what might be difficult, ways to challenge oneself, what to expect, etc. Rochelle is very invested in the topic of mindfulness, and it shows. It was a great class and I would recommend everyone take!”
- Anonymous

“Rochelle is an incredible teacher! She embodies the principles taught in her classes. Her courses are highly recommended!”
- Anonymous
“Through Rochelle’s course, I made a huge discovery about how I react when confronted with uncomfortable situations. I discovered that I run away. This was a breakthrough for me, and it was monumental towards my journey of enlightenment and self-discovery. By having this awareness, I now have the power to change how I react to and handle uncomfortable situations.”
- Anonymous

“After this course, I was able to learn greater self-observation skills as I began to allow myself to feel different emotions and sensations that I previously found to be barriers to my success.”
- Anonymous

“Rochelle is incredible. She is amazing at creating a safe space. Supportive environment where everyone’s perspective is valued. She is wonderful at facilitating discussions and teaching Mindfulness principles.
- Anonymous

“Rochelle is amazing! I loved taking this class! She led class very thoughtfully. She was a great resource of encouragement!”
- Anonymous

“Rochelle is incredibly knowledgeable. She has a compassionate manner and clearly loves what she teaches!”
- Anonymous

“Rochelle is extremely open, encouraging, and supportive to all students. She is clearly passionate about this topic and has so much knowledge to share.”
- Anonymous

“Rochelle is a wonderfully therapeutic person to spend time with. I appreciated that she was always open to let the group conversations go where they needed to go, but also skilled at making connections back to the content and themes of the course. I felt very supported by her in this journey and was grateful to have an instructor who so clearly modeled skills within the curriculum she was helping us work to master.”
- Anonymous