MINDFULNESS EDUCATOR

Rochelle McLaughlin is a certified Mindfulness Based Stress Reduction (MBSR) teacher from University of Massachusetts Medical School and adjunct faculty in the Department of Occupational Therapy at San Jose State University (SJSU). Rochelle is the founder of MBSR programs at SJSU and has taught MBSR in the department of Occupational Therapy since 2010.

In the last decade, Rochelle has created and taught an emerging area of practice called Mindfulness-Based Occupational Therapy (MBOT) and she is the founding director and lead instructor for the MBOT Advanced Certificate program at SJSU that is launching the Summer of 2018.

Rochelle is the founder and co-creator of Revolutionary Wellness Talk Radio on VoiceAmerica’s Health and Wellness Channel and publisher of Revolutionary Wellness Magazine. Rochelle is honored to be given the opportunity to hold the “Revolutionary Wellness” space for innovators, change-agents, edge-workers, and healers of integrity working to articulate and bring to light alternative ‘solutions’ to global crises today.

Rochelle has experienced personally and “with-nessed” 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, ‘un/re-learning/decolonizing/empowering’ oneself, opening the heart, and freeing the mind. A few of Rochelle’s primary interests, devotions, and passions are in helping humanity take an “indigenous turn” by embodying a radical slowing down, inspiring a collective remembering of our intricate entanglement with the world, awakening a deep honoring and humbling of our human condition, and evoking a revolutionary re-sacralization of every moment of our lives, and from this place co-creating “the more beautiful world we all know in our hearts is possible”.

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