



**Rochelle McLaughlin, M.S., OTR/L, MBSR**

Faculty, Department of Occupational Therapy San Jose State University (SJSU)  
Founding Director and Lead Instructor for SJSU's Advanced Certificate in Mindfulness-Based Occupational Therapy (MBOT) Program  
Certified Mindfulness-Based Stress Reduction (MBSR) Teacher  
Certified Gut and Psychology and Physiology Syndrome (GAPS) Practitioner  
Publisher of Revolutionary Wellness Magazine  
Producer of Revolutionary Wellness Talk Radio on Voice America's Health and Wellness Channel

Rochelle has witnessed the integration of mindfulness as a healing balm for the heart, body, mind, and soul as well as a practice for transforming relationships to self and other in her own life and in patient care settings such as mental and physical disabilities, pediatric care, cancer care, and chronic pain.

Her courses on integrating mindfulness and healthcare are rooted in a devotion to help society slow down, to remember our interdependence with each other and nature, and awaken a deep honoring of our human condition; strengthening our capacity for remaining centered in our heart and tethered to our soul, especially in the midst of our troubled times.

She sees our personal practice as a kind of radical activism. It is no small thing. It is profound, life-changing, and in and of itself creates and builds the structure for a new narrative we so desperately need in these times.

Rochelle is committed to a revolution in healthcare building a vibrant community of practitioners inspired to join us on this journey weaving mindfulness into institutions and becoming healing agents for meaningful change.

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For more information, please visit [www.sjsu.edu/mindfulness](http://www.sjsu.edu/mindfulness).

## Testimonials from Rochelle McLaughlin's Mindfulness Courses

"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**, MS, OTR/L

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"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 Sokolski**, MS, OTR/L

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"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**, MS, OTR/L

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"The interesting thing is the habits I have developed through participation in this mindfulness 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**, MS, OTR/L

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"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**, MS, OTR/L

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"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 Occupational Therapist

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"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 Occupational Therapist

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"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 Occupational Therapist

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