MINDFULNESS EDUCATOR – Rochelle McLaughlin

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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Testimonials from Rochelle McLaughlin’s MBSR Classes

"Reflecting upon the [MBSR] 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, MBSR Spring 2017

"The interesting thing is the habits I have developed through participation in this MBSR 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, MBSR Spring 2017

"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, MBSR Spring 2017

"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, MBSR Spring 2017

"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, MBSR Spring 2017

"Rochelle is a wonderful teacher of MBSR. She always made me feel heard, respected and appreciated. She facilitated the formation of a strong group of people."
- MBSR 2015

"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."
- MBSR 2015

"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."
- MBSR 2015