Participant's Schedule

DAY 1 - Monday, November 7th, 2016

Rapp Family Conference Center, Eskenazi Health, 720 Eskenazi Ave., Indianapolis, IN 46202

7:00am-8:00am	*Breakfast & Registration*
8:00am-8:45am	**Welcome, Introductions & Opening Meditation –** James S. Gordon, MD, Lisa Harris, MD and Julie Szempruch, CNS, MSN & Margie Payne, RN, MSN, CNS
8:45am-10:00am	**Guiding Principles for Mind-Body Skills Groups** – James Gordon, MD
10:00am -10:30am	*Break – Walk to group*
10:30-12:30pm	**Faculty-led Small Group Session**
12:30pm-1:30pm	*Lunch*
1:30pm – 4:30pm	**Coaching Session**

DAY 2 - Tuesday, November 8th, 2016

7:00am-8:00am	*Breakfast*
8:00am-10:30am	**Small Group Session #1:** Breathing & Movement (led by participants)
10:30am – 11:00am	*Break – Walk to lecture hall*

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11:00am – 11:45am	**Panel #1 – Group Fundamentals**
11:45am-12:45pm	*Lunch*
12:45pm – 1:30pm	**DISH-ing Up Food As Medicine** – Kathie Madonna Swift, MS, RDN, LDN
1:30pm – 1:45pm	**Qi Gong**
1:45pm-2:05pm	*Break – Go to group*
2:05pm-4:35pm	**Small Group Session #2:** Autogenics and Biofeedback (led by participants)

DAY 3 - Wednesday, November 9th, 2016

7:00am-8:00am	*Breakfast (IN EPIC CONFERENCE ROOM)*

EPIC Conference Room (F4-402, F4-404, F4-406) – Fifth Third Bank Building

8:00am-8:30am	**Opening Meditation**
8:15am – 8:30am	**Qi Gong**
8:30am-10:30am	**Fishbowl – Demonstration of Working with a Group** - James Gordon, MD
10:30am-10:50am	*Break – Go to group*
10:50am-1:20pm	**Small Group Session #3:** Meditation and Mindful Eating (led by participants)

Return to Rapp Family Conference Center

1:20pm – 2:15pm	*Lunch*
2:15pm – 2:30pm	**Massage-Inspired Stretches -** Megan Priest/Jodie Fisher
2:30pm – 3:30pm	**Fiber Fantasia –** Kathie Madonna Swift, MS, RDN, LDN
3:30pm	**End of Day for Participants**

DAY 4 - Thursday, November 10th, 2016

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7:00am-8:00am	*Breakfast*
8:00am-10:30am	**Small Group Session #4:** Imagery/Visualization (led by participants)
10:30am-10:50am	*Break – go to lecture hall*
10:50am-11:30am	**Panel #2 – Working with Difficult Issues and Additional Considerations**
11:30am – 11:45pm	**Stretches -** Megan Priest/Jodie Fisher
11:45am-12:30pm	**Food Demo** – Kathie Madonna Swift, MS, RDN, LDN
12:30pm – 1:30pm	*Lunch*
1:30pm – 4:00pm	**Small Group Session #5:** Drawings with Closing Ritual (led by participants)

DAY 5 - Friday, November 11th, 2016

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7:00am-8:00am	*Breakfast*
8:00am – 8:15am	**Opening Meditation**
8:15am – 8:30am	**Resistance Band Exercises -** Megan Priest/Jodie Fisher
8:30am – 9:15am	**Taking the Next Steps Panel I – Supervision and Beyond**
9:15am – 10:00am	**Meal by Meal – Let's Get Real** – Kathie Madonna Swift, MS, RDN, LDN
10:00am – 10:15am	*Break – Stay in lecture hall*
10:15am - 11:00am	**Taking the Next Steps Panel II – Further Considerations**
11:15am – 12:15pm	**Experiential: Preparing for Consultation Sessions**
12:15pm – 1:00pm	*Lunch* – Pick up post-training research questionnaires
1:00pm – 3:45pm	**Faculty-Led Small Group Consulting Session**
3:15pm – 3:45pm	Fill out research questionnaires, program evaluation and attendance tracking form!!! All will be collected in your Consulting Session
3:45pm-4:00pm	*Break – Go to lecture hall*
4:00pm – 4:30pm	**Closing Ritual**

End of program