



PROFESSIONAL TRAINING PROGRAM IN MIND-BODY MEDICINE

October 11-15, 2018

Ellicott City, MD

Participant Schedule

(Subject to change)

OCTOBER 11

- 7:00-8:30 am Registration
8:30 am Welcome and Introduction to Program
9:15 am Overview of the New Medicine
10:00 am *Experiential activity: Shaking and Dancing*
10:30 am Introduction to Mind-Body Skills Groups
11:00 am *Break – go to group*
11:30 am GROUP #1
1:30 pm *Lunch*
2:45 pm Biological Underpinnings of Mind-Body Therapies
3:45 pm *Break – go to group*
4:15 pm GROUP #2
6:15 pm Opening Reception

OCTOBER 12

- 6:30-7:30 am Yoga (Optional)
8:30 am *Opening Meditation*
9:00 am Imagery
9:45 am *Break – go to group*
10:15 am GROUP #3
12:15 pm *Lunch*
1:30 pm Mindful Eating
2:15 pm *Break*
2:30 pm Mobilizing, Transforming, and Celebrating the Emotions
Experiential activity: Yes/No exercise
3:30 pm *Break – go to group*
4:00-6:00 pm GROUP # 4

OCTOBER 13

- 6:30-7:30 am Yoga (Optional)
8:30 am *Opening Meditation*
8:45 am Breathing, Physical Exercise, and Movement
10:00 am *Break*
10:15 am Genograms
10:45 am *Break – go to group*
11:15 am GROUP #5
1:15 pm *Lunch*
- Afternoon off**

OCTOBER 14

- 6:30-7:30 am Yoga (Optional)
8:30 am *Opening Meditation*
8:45 am Trauma and Transformation
10:00 am *Break – go to group*
10:30 am GROUP #6
12:30 pm *Lunch*
1:45 pm Spirituality and Healing
Experiential Activity: Forgiveness Meditation
3:00 pm *Break – go to group*
3:30-5:30 pm GROUP #7

OCTOBER 15

- 6:30-7:30 am Yoga (Optional)
8:30 am *Opening Meditation*
8:45 am Mind, Mood, and Food
9:45 am *Break*
10:00 am Body Awareness
Experiential activity: Body scan
11:00 am *Break*
11:15 am Taking the Next Step: Panel Discussion
12:15 pm *Lunch*
1:30 pm GROUP #8
4:00 pm *Break – go back to lecture hall*
4:30 pm Closing Ceremony
5:00 pm End of program- **Thank you for joining us!**