



The Center for
**Mind-Body
Medicine**
Teaching Thousands to Heal Millions



**Institute
for Spirituality
and Health**

AT THE TEXAS MEDICAL CENTER

Professional Training Program in Mind-Body Medicine Schedule **Houston, TX** **December 7-10, 2017** *(subject to change)*

DAY 1: THURSDAY, DECEMBER 7, 2017

| | |
|------------------|--|
| 7:00-8:00 am | Registration |
| 8:00-8:45 am | Welcome and Introduction - <i>John K. Graham, MD, D.Min. & James S. Gordon, MD</i> |
| 8:45-10:00m | Overview of the New Medicine - <i>James S. Gordon, MD</i> <i>Experiential activity: Shaking and dancing</i> |
| 10:00-10:15 am | Break |
| 10:15-10:45 am | Introduction to Mind-Body Skills Groups - <i>James S. Gordon, MD</i> |
| 10:45-11:15 am | Break – go to group |
| 11:15 am-1:15 pm | GROUP #1 |
| 1:15-2:15 pm | Lunch |
| 2:15-3:15 pm | Biological Underpinnings of Mind-Body Therapies - <i>Matt Erb, PT</i> |
| 3:15-3:30 pm | Break – go to group |
| 3:30-5:30 pm | GROUP #2 |

DAY 2: FRIDAY, DECEMBER 8, 2017

| | |
|----------------|--|
| 7:00-8:00 am | <i>QiGong/Yoga - optional</i> |
| 8:00-8:15 am | Opening Meditation |
| 8:15-9:15 am | Imagery |
| 9:15-9:45 am | Break – go to group |
| 9:45am-11:45pm | GROUP #3 |
| 11:45-12:45 pm | Lunch |
| 12:45-1:45 pm | Nutrition and Mindful Eating - <i>Matt Erb, PT</i> |
| 1:45-2:15 pm | Break |
| 2:15-3:15 pm | Mobilizing, Transforming, and Celebrating the Emotions - <i>James S. Gordon, MD</i> <i>Experiential activity: Yes/No exercise</i> |
| 3:15-3:30 pm | Break – go to group |
| 3:30-5:30 pm | GROUP #4 |

DAY 3: SATURDAY, DECEMBER 9, 2017

| | |
|----------------|--|
| 7:00-8:00am | <i>Yoga/QiGong - optional</i> |
| 8:00-8:15 am | Opening Meditation |
| 8:15-9:15 am | Breathing, Physical Exercise and Movement - <i>Sabrina N'Diaye, PhD, LCSW-C</i> <i>Experiential activity: Chaotic Breathing</i> |
| 9:15-9:30 am | Break |
| 9:30-10:00 am | Genograms - <i>Sabrina N'Diaye, PhD, LCSW-C</i> |
| 10:00-10:15 am | Break - Go to group |
| 10:15-12:15 pm | GROUP #5 <i>Experiential Activity: Constructing a genogram</i> |
| 12:15-1:15 pm | Lunch |
| 1:15-2:15 pm | Trauma and Transformation - <i>James S. Gordon, MD</i> |
| 2:15-2:30 pm | Break |
| 2:30-3:45 pm | Spirituality and Healing - <i>James S. Gordon, MD</i> <i>Experiential activity: Forgiveness Meditation</i> |
| 3:45-4:00 pm | Break – go to group |
| 4:00-6:00 pm | GROUP #6 |

DAY 4: SUNDAY, DECEMBER 10, 2017

| | |
|------------------|--|
| 7:00-8:00 am | <i>Yoga/QiGong - Optional</i> |
| 8:00-8:15 am | Opening Meditation |
| 8:15-9:15 am | Body Awareness - <i>James S. Gordon, MD</i> <i>Experiential activity: Body scan</i> |
| 9:15-9:30 am | Break – go to group |
| 9:30-11:30 am | GROUP #7 |
| 11:30am-12:30 pm | Lunch |
| 12:30-1:30 pm | Taking the Next Step: Panel Discussion - <i>CMBM Faculty</i> |
| 1:30-1:45 pm | Break - go to group |
| 1:45-4:15 pm | GROUP #8 |
| 4:15-4:30 pm | Break – go to lecture hall |
| 4:30-5:00 pm | Closing Ceremony |