



THE CENTER FOR MIND-BODY MEDICINE'S ADVANCED TRAINING PROGRAM

SCHEDULE

DAY 1: THURSDAY, JANUARY 4, 2018

7:00-8:00 am	Registration
8:00-9:30 am	Welcoming Ceremony, Large Group Introduction and Check-in
9:30-9:45 am	Break
9:45-10:45 am	Guiding Principles for Mind-Body Skills Groups
10:45-11:15 am	Break – Go to small group
11:15-1:15 pm	Faculty-led Small Group Session
1:15-2:15 pm	Lunch
2:15-5:15 pm	Coaching Session

DAY 2: FRIDAY, JANUARY 5, 2018

7:00-8:00 am	<i>Optional - Yoga/QiGong</i>
8:00-8:15 am	Opening Meditation
8:15-9:15 am	Panel #1 – Group Fundamentals
9:15-9:30 am	Break – Go to small group
9:30-12:00 pm	GROUP #1: Breathing & Movement (participant led)
12:00-1:00 pm	Lunch
1:00-2:00 pm	Panel #2 – Working with Difficult Issues
2:00-2:15 pm	Break – Go to small group
2:15-4:45 pm	GROUP #2: Autogenics and Biofeedback (participant led)

DAY 3: SATURDAY, JANUARY 6, 2018

7:00-8:00 am	<i>Optional - Yoga/QiGong</i>
8:00-10:15 am	Fishbowl - Demonstration of Working with a Group
10:15-10:30 am	Break – Go to small group
10:30-1:00 pm	Group Session #3: Meditation & Mindful Eating (participant led)
1:00-2:00 pm	Lunch
2:00-2:45 pm	Panel #3 – Additional Considerations for Running Groups
2:45-3:00 pm	Break – Go to small group
3:00-5:30 pm	Group Session #4: Imagery/Visualization (participant led)

DAY 4: SUNDAY, JANUARY 7, 2018

7:00-8:00 am	<i>Optional - Yoga/QiGong</i>
8:00-11:00 am	Group Session #5: Drawings with Closing Ritual (participant led)
11:00-11:15 pm	Break – Go to large group
11:15-12:30 pm	Next Steps - Groups, Workshops & CMBM Supervision
12:30-1:30 pm	Lunch
1:30-2:30 pm	Active Meditation and Guided Imagery
2:30-4:30 pm	Small Group Consulting Session
4:30-4:45 pm	Break – Go to large group
4:45-5:30 pm	Wrap-up and Closing Ritual