



# Participant Schedule

## Primary Training Program

January 21-22, 25-26, 2021

**All times are indicated in Eastern Time Zone**

### **DAY 1**

**Thursday, January 21, 2021**

**7:30-8:00 am**

**Registration**

*Indy participants complete pre-questionnaires (research)*

8:00-8:40 am

**Welcome and Introductions** - James S. Gordon, M.D. (40 minutes)

8:40-10:00 am

**Overview of the New Medicine** - James S. Gordon, M.D. (45 minutes)  
*Experiential activity: Shaking and dancing  
(30 minutes for activity & sharing)*

10:00-10:15 am

Break (15 minutes)

10:15-10:45 am

**Introduction to Mind-Body Skills Groups** - James S. Gordon, M.D. (30 minutes)

10:45-11:15 am

Break – (30 minutes)

11:15 am-1:15 pm

**GROUP #1 - Drawings (2 hours)**

1:15-2:00 pm

Lunch (45 minutes)

2:00-3:00 pm

**Biological Underpinnings of Mind-Body Therapies** - (1 hour)

3:00-3:30 pm

Break – (30 minutes)

3:30-5:30 pm

**GROUP #2 - Autogenic Training & Biofeedback (2 hours)**

### **DAY 2**

**Friday, January 22, 2021**

7:15-7:45 am

**OPTIONAL: Yoga/QiGong (30 min)**

8:00-8:15 am

**Opening Meditation (15 minutes)**

8:15-9:15 am

**Imagery** - (1 hour)

9:15-9:30 am

Break (15 minutes)

9:30am-11:30pm

**GROUP #3 - Guided Imagery (2 hours)**



The Center for  
**Mind-Body  
Medicine**

# Participant Schedule

## Primary Training Program

January 21-22, 25-26, 2021

11:30-12:30 pm	Lunch (1 hour) <b>OPTIONAL SPECIAL INTEREST LUNCH</b>
12:30-1:30 pm	<b>Nutrition and Mindful Eating - (1 hour)</b>
1:30-1:45 pm	Break (15 minutes)
1:45-2:45 pm	<b>Mobilizing, Transforming, &amp; Celebrating the Emotions</b> - (20 minutes) <i>Experiential activity: Yes/No (40 minutes including Q &amp; A)</i>
2:45-3:15 pm	Break – (30 minutes)
3:15-5:15 pm	<b>GROUP #4 - Dialogue with a Symptom, Issue or Problem (2 hours)</b>
<b><u>DAY 3</u></b>	<b><u>Monday, January 25, 2021</u></b>
7:15-7:45 am	<b>OPTIONAL: Yoga/QiGong (30 min)</b>
8:00-8:15 am	<b>Opening Meditation (15 minutes)</b>
8:15-9:15 am	<b>Breathing, Movement and Exercise and Medical Considerations of Mind-Body Skills - (35 minutes)</b> <i>Experiential activity: Chaotic Breathing (25 minutes w/Q&amp;A)</i>
9:15-9:30 am	Break (15 minutes)
9:30-10:00 am	<b>Genograms - (30 minutes)</b>
10:00-10:15 am	Break - (15 minutes)
10:15-12:15 pm	<b>GROUP #5 - Genograms (genograms constructed in small group) (2 hours)</b> <i>Experiential Activity: Constructing a genogram</i>
12:15-1:00 pm	Lunch (45 minutes)
1:00-2:15 pm	<b>Trauma and Transformation - (1 hour 15 minutes)</b>
2:15-2:30 pm	Break (15 minutes)
2:30-3:30pm	<b>Spirituality and Healing - (40 minutes)</b> <i>Experiential activity: Forgiveness Meditation (20 minutes?)</i>



The Center for  
**Mind-Body  
Medicine**

# Participant Schedule

## Primary Training Program

January 21-22, 25-26, 2021

3:30-3:45 pm            Break – (15 minutes)

3:45-5:45 pm            **GROUP #6 - Genograms (cont.) (2 hours)**

### **DAY 4**

**Tuesday, January 26, 2021**

7:15-7:45 am            **OPTIONAL: Yoga/QiGong (30 min)**

8:00-8:15 am            **Opening Meditation (15 minutes)**

8:15-9:15 am            **Body Awareness - (30 minutes)**  
*Experiential activity: Body scan (30 minutes w/Q&A)*

9:15-9:30 am            Break – (15 minutes)

9:30-11:30 am           **GROUP #7 - Genograms (cont.) (2 hours)**

11:30 am-12:15 pm      Lunch (45 minutes)

12:15-1:15 pm           **Taking the Next Step: Panel Discussion - (1 hour)**

1:15-1:30 pm            Break - (15 minutes)

1:30-4:00 pm            **GROUP #8 - Final Drawings & Closing Ritual (2.5 hours)**

4:00-4:30 pm            Break & Evaluations – (30 minutes)

4:30-5:15 pm            **Closing Ceremony (45 minutes)**

5:15 pm                    End of Program