



Online Training Program in Mind-Body Medicine

May 24-26, June 1-2, 2021

Participant Schedule

*Schedule is based on GMT with all virtual sessions

DAY 1 – Monday May 24

12:00-12:30 pm	Welcome & Introductions
12:30-1:30 pm	Overview of the New Medicine (James S. Gordon, MD)
1:30-2:00 pm	Experiential activity: Shaking and Dancing
2:00-2:30 pm	Introduction to Mind-Body Skills Groups (James S. Gordon, MD)
2:30-3:00 pm	Break
3:00-5:00 pm	SMALL GROUP #1 – DRAWINGS
5:00-5:15 pm	Break
5:15-6:00 pm	Biological Underpinnings of Mind-Body Medicine (Kathleen Farah, MD and Afrim Blyta, MD, PhD)

DAY 2 - Tuesday May 25

12:00-2:00 pm	SMALL GROUP #2 – AUTOGENICS & BIOFEEDBACK
2:00-2:30 pm	Break
2:30-3:15 pm	Mindful & Healthful Eating (Anyieth D’Awol and Naomi L. Blum, PhD)
3:15-3:45 pm	Imagery (Lynda Richtsmeier Cyr, PhD, LP and Heidi Jackson, RGN)
3:45-4:00 pm	Break
4:00-6:00 pm	SMALL GROUP #3 – GUIDED IMAGERY

DAY 3 – Wednesday May 26

12:00-12:15 pm	Opening Meditation
12:15-1:00 pm Shinal, MSW, LCSW)	Mobilizing, Transforming, & Celebrating the Emotions (Amy
1:00-1:15 pm	Break
1:15-3:15 pm	SMALL GROUP #4 – DIALOGUE WITH A SYMPTOM
3:15-3:45 pm	Break
3:45-4:30 pm	Breathing, Physical Exercise, and Movement (Rhonda Adessky, PhD, and Jamil Ahmed Abdel Atti, PhD)
4:30-5:00 pm	Genograms (Sabrina N’Diaye, PhD, LCSW-C)
5:00-5:15 pm	Break
5:15-7:15 pm	SMALL GROUP #5 – GENOGRAMS

DAY 4 – Tuesday June 1

12:00-12:15 pm	Opening Meditation
12:15-1:45 pm	Trauma and Transformation (James S. Gordon, MD)
1:45-2:00 pm	Break
2:00-4:00 pm	SMALL GROUP #6 – GENOGRAMS CONTINUED
4:00-4:15pm	Break
4:15-5:00 pm MSW, LCSW)	Spirituality and Healing (James S. Gordon, MD and Amy Shinal,
5:00-5:15 pm	Break
5:15-7:15 pm	SMALL GROUP #7 – GENOGRAMS CONTINUED

DAY 5 – Wednesday June 2

12:00-12:15 pm	Opening Meditation
12:15-1:00 pm	Body Awareness (James S. Gordon, MD)
1:00-1:15 pm	Break
1:15-2:00 pm	Taking the Next Step: Panel Discussion
2:00-2:15 pm	Break
2:15-4:45 pm	SMALL GROUP #8 – DRAWINGS & CLOSING
4:45-5:00 pm	Break
5:00-6:00 pm	Closing Ceremony