



The Center for
**Mind-Body
Medicine**

Participant Schedule

Professional Training Program

April 15-17, 19-20, 2021
(no programming Sunday, April 18)

All times are indicated in Eastern Time Zone

DAY 1

Thursday, April 15, 2021

- | | |
|------------------|--|
| 10:00-10:15am | Welcome and Introductions - James S. Gordon, M.D. and Lynda Richtsmeier Cyr, PhD (15 minutes) |
| 10:15-11:30 am | Overview of the New Medicine - James S. Gordon, M.D. (45 minutes)
<i>Experiential activity: Shaking and dancing (30 minutes)</i> |
| 11:30-12:00 am | Introduction to Mind-Body Skills Groups - James S. Gordon, M.D. (30 minutes) |
| 12:00-12:30 pm | Break – (30 minutes) |
| 12:30 am-2:30 pm | GROUP #1 - Drawings (2 hour) |
| 2:30-3:15pm | Break (45 minutes) |
| 3:15-3:45 pm | Biological Underpinnings of Mind-Body Therapies - (30 minutes) |
| 3:45-4:15 pm | Break – (30 minutes) |
| 4:15-6:15 pm | GROUP #2 - Autogenic Training & Biofeedback (2 hours) |

DAY 2

Friday, April 16, 2021

- | | |
|----------------|--|
| 10:00-10:15 am | Opening Meditation |
| 10:15-10:45 am | Imagery (30 minutes) |
| 10:45-11:15 am | Break (15 minutes) |
| 11:15am-1:15pm | GROUP #3 - Guided Imagery (2 hours) |



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1:15-2:15 pm

Break (1 hour)

OPTIONAL: Special Interest Lunch (1:30-2:15 pm) ** 45 min

2:15-2:45 pm

Nutrition and Mindful Eating (30 minutes)

2:45-3:30 pm

Mobilizing, Transforming, & Celebrating the Emotions - (15 minutes)
Experiential activity: Yes/No (30 minutes including Q & A)

3:30-3:45 pm

Break – (15 minutes)

3:45-5:45 pm

GROUP #4 - Dialogue with a Symptom, Issue or Problem (2 hours)

DAY 3

Saturday, April 17, 2021

10:00-10:15 am

Opening Meditation

10:15-11:00 am

Breathing, Movement and Exercise and Medical Considerations of Mind-Body Skills - (20 minutes)
Experiential activity: Chaotic Breathing (25 minutes)

11:00-11:30 am

Genograms - (30 minutes)

11:30-12:00 pm

Break - (30 minutes)

12:00-2:00 pm

GROUP #5 - Genograms (constructed in small group) (2 hours)
Experiential Activity: Constructing a genogram

2:00-2:15 pm

Break (15 minutes)

2:15-3:15pm

Optional: Bringing this work to your Institution Meeting (1 hour)

Afternoon Off!



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DAY 4

Monday, April 19, 2021

10:00-10:15 am	Opening Meditation
10:15-11:45 pm	Trauma and Transformation - James Gordon (<i>1 hour 30 minutes</i>)
11:45-12:00 pm	Break (15 minutes)
12:00-2:00 pm	Group #6- Genograms (cont.) (2 hours)
2:00-2:45 pm	Break – (45 minutes)
2:45-3:30pm	Spirituality and Healing - (<i>25 minutes</i>) <i>Experiential activity: Forgiveness Meditation (20 minutes)</i>
3:30-4:00 pm	Break- (30 minutes)
4:00-6:00 pm	GROUP #7 - Genograms (cont.) (2 hours)

DAY 5

Tuesday, April 20, 2021

10:00-10:15 am	Opening Meditation (15 minutes)
10:15-11:15 am	Body Awareness - James Gordon(<i>30 minutes</i>) <i>Experiential activity: Body scan (30 minutes w/Q&A)</i>
11:15-11:30 am	Break – (15 minutes)
11:30-12:30 pm	Taking the Next Step: Panel Discussion - (<i>1 hour</i>)
11:30-12:15 pm	Break-(45 minutes)
12:15-2:45 pm	GROUP #8 - Final Drawings & Closing Ritual (2.5 hours)
2:45-3:45 pm	Closing Ceremony (1 hour)
3:45 pm	End of Program