



The Center for
**Mind-Body
Medicine**

TENTATIVE: Participant Schedule

Professional Training Program
September 23-25,27-28, 2021
(no programming Sunday, September 26)

All times are indicated in Eastern Time Zone

DAY 1 Thursday, September 23rd, 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)*
Experiential activity: Shaking and dancing (30 minutes)

11:30-12:00 pm **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)*
Presenter: will be announced closer to event dates

3:45-4:15 pm **Break – (30 minutes)**

4:15-6:15 pm **GROUP #2 - Autogenic Training & Biofeedback (2 hours)**



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DAY 2 Friday, September 24, 2021

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|----------------|---|
| 10:00-10:15 am | Opening Meditation |
| 10:15-10:45 am | Imagery (30 minutes)
Presenter: will be announced closer to event dates |
| 10:45-11:15 am | Break (30 minutes) |
| 11:15am-1:15pm | GROUP #3 - Guided Imagery (2 hours) |
| 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)
Presenter: will be announced closer to event dates |
| 2:45-3:30 pm | Mobilizing, Transforming, & Celebrating the Emotions - (15 minutes)
<i>Experiential activity: Yes/No (30 minutes including Q & A)</i>
Presenter: will be announced closer to event dates |
| 3:30-3:45 pm | Break – (15 minutes) |
| 3:45-5:45 pm | GROUP #4 - Dialogue with a Symptom, Issue or Problem (2 hours) |



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DAY 3 Saturday, September 25, 2021

10:00-10:15 am **Opening Meditation**

10:15-11:00 am **Breathing, Movement, Exercise and Medical Considerations of
Mind-Body Skills - (20 minutes)**
Experiential activity: Chaotic Breathing (25 minutes)
Presenter: will be announced closer to event dates

11:00-11:30 am **Genograms - (30 minutes)**
Presenter: will be announced closer to event dates

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 & Communities Meeting (1 hour)**

Afternoon Off!



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DAY 4 **Monday, September 27, 2021**

10:00-10:15 am **Opening Meditation**

10:15-11:45 am **Trauma and Transformation** - James Gordon, MD (*1 hour 30 minutes*)

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** - (*25 minutes*)
Experiential activity: Forgiveness Meditation (20 minutes)
Presenters: will be announced closer to event dates

3:30-4:00 pm **Break- (30 minutes)**

4:00-6:00 pm **GROUP #7 - Genograms (cont.) (2 hours)**



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DAY 5 **Tuesday, September 28, 2021**

10:00-10:15 am **Opening Meditation (15 minutes)**

10:15-11:15 am **Body Awareness - James Gordon(30 minutes)**
Experiential activity: Body scan (30 minutes w/Q&A)

11:15-11:30 am **Break – (15 minutes)**

11:30-12:30 pm **Taking the Next Step: Panel Discussion - (1 hour)**
CMBM Certified Faculty

12:30-1:15 pm **Break-(45 minutes)**

1:15-3:45 pm **GROUP #8 - Final Drawings & Closing Ritual (2.5 hours)**

3:45-4:45 pm **Closing Ceremony (1 hour)**

4:45 pm End of Program