

THE CENTER FOR

# Mind-Body Medicine

Online Advanced Training in Mind Body Medicine

Training Schedule Written in Eastern Time Zone

## Day 1: Thursday, December 2, 2021

9:30-10:00am	<b>Welcome and Introductions</b> <i>James S. Gordon, M.D. and Lynda Richtsmeier Cyr, PhD</i>
10:00-11:00am	<b>Guiding Principles for Mind-Body Skills Groups</b>
11:00-11:30am	Break
11:30-1:30pm	<b>Faculty-led Small Group Session</b>
1:30-2:15pm	Lunch Break
2:15-5:15pm	<b>Coaching Session</b>
5:15-5:45 pm	Zoom Rooms will stay open for additional time to work with co-facilitator

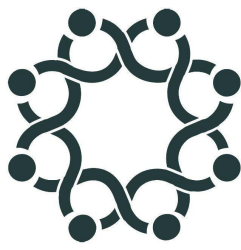
## DAY 2: Friday, December 3rd, 2021

9:30-9:45am	<b>Opening Meditation</b>
9:45-10:30am	<b>Panel #1:</b> Group Fundamentals
10:30-11:00am	<b>Break</b>
11:00am-1:00pm	<b>Participant-led Small Group Session #1:</b> Breathing & Movement
1:00-1:30 pm	<b>Feedback Session</b>
1:30-2:15pm	Lunch Break
2:15-3:00pm	<b>Panel #2:</b> Working with Difficult Issues
3:00-3:30pm	Break
3:30-5:30pm	<b>Participant-led Small Group Session #2:</b> Autogenics and Biofeedback
5:30-6:00pm	<b>Feedback Session</b>

## DAY 3: Monday, December 6th, 2021

9:30-11:45am	<b>Fishbowl:</b> Demonstration of Working with a Group
11:45-12:30pm	Lunch Break
12:30pm-2:30pm	<b>Participant-led Small Group Session #3:</b> Meditation and Mindful Eating
2:30-3:00pm	<b>Feedback Session</b>

**Afternoon off!**



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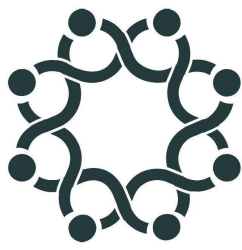
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### DAY 4: Tuesday, December 7th, 2021

9:30am-11:30am	<b>Participant-led Small Group Session #4: Imagery/Visualization</b>
11:30-12:00pm	<b>Feedback Session</b>
12:00-12:15pm	<b>Break</b>
12:15-1:00pm	<b>Panel #3: Additional Considerations for Running Groups</b> - OR - <b>Certification Candidates Meeting</b>
1:00-2:00pm	Lunch Break
2:00-4:00pm	<b>Participant-led Small Group Session #5: Drawings with Closing Ritual</b>
4:00-4:30 pm	<b>Feedback Session</b>
4:30-5:15pm	<b>Feedback Session for the Entire Training</b>

### DAY 5: Wednesday, December 8th, 2021

9:30-9:45am	<b>Opening Meditation</b>
9:45-10:30am	<b>Panel: Supervision, Certification, and Next Steps</b> <i>Led by Lynda Richtsmeier Cyr, PhD</i> - OR - <b>Next Steps Panel: Hoosier Heartland Healing Collaborative</b> <i>Led by Sabrina N'Diaye, PhD, LCSW-C</i>
10:30-11:00 am	Break
11:00am-12:00 pm	<b>Taking this Work Out to the World</b> <i>Implementing the model in:</i> <ol style="list-style-type: none"><li><i>1. Military setting, with veterans and with their families</i></li><li><i>2. Psychotherapy practice</i></li><li><i>3. Medical practice, hospitals and medical schools (includes medical coding &amp; billing +info for non-medical professionals working in a medical setting)</i></li><li><i>4. Community-based setting</i></li><li><i>5. Working with Children and Schools</i></li><li><i>6. Bringing this Work to Indigenous Communities</i></li></ol>
12:00-12:15 pm	Break



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12:15-1:15 pm	<b>Active Meditation &amp; Guided Imagery</b>
1:15-2:00 pm	Lunch Break
2:00-4:30pm	<b>Small Group Consulting Session</b>
4:30-5:00pm	Break
5:00-5:45pm	<b>Closing Ceremony</b>