



THE CENTER FOR

**Mind-Body
Medicine**

Participant Schedule

Professional Training Program in Mind-Body Medicine

September 15 -17 & 19 -20, 2022

(No Programming September 18th)

All times are written in Eastern Standard Time.

DAY 1 **Thursday, September 15, 2022**

9:30-9:45am **Welcome and Introductions** - *James S. Gordon, MD and Lynda Richtsmeier Cyr, PhD* (15 minutes)

9:45-11:00 am **Overview of the New Medicine** - *James S. Gordon, MD* (45 minutes)
Experiential activity: Shaking and dancing (30 minutes)

11:00am-11:15am **Break (15 minutes) *Exact time subject to change**

11:15-11:45 am **Introduction to Mind-Body Skills Groups** - *James S. Gordon, MD*
(30 minutes)

11:45 am -12pm **Break (15 minutes) *Exact time subject to change**

12:00 -2:00 pm **GROUP #1 - Drawings** (2 hours)

2:00- 3:00 pm **Break/Lunch (60 minutes)**

3:00-3:30 pm **Biological Underpinnings of Mind-Body Therapies** - *Faculty*
(30 minutes)

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

3:45-5:45 pm **GROUP #2 - Autogenic Training & Biofeedback** (2 hours)

Schedule is subject to change. Questions? Email mindbody@cmbm.org



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DAY 2 Friday, September 16, 2022

9:00-9:25 am **Optional Morning movement** (25 minutes)

9:30-9:45 am **Opening Meditation** (15 minutes)

9:45-10:15 am **Imagery - Faculty** (30 minutes)

10:15-10:45 am **Break (30 minutes)**

10:45am-12:45pm **Group #3 – Guided Imagery** (2 hours)

12:45-1:45 pm **Break/Lunch (1 hour)**

Optional: Special Interest Lunch (12:45-1:30 pm) (45 minutes)

1:45-2:30 pm **Nutrition & Mindful Eating - Faculty** (45 minutes)

2:30-2:45 pm **Break (15 minutes)**

2:45-3:30 pm **Mobilizing, Transforming, & Celebrating the Emotions - Faculty**
(Presentation: 20 minutes)
Experiential Activity: Yes/No (25 minutes including time for sharing)

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 17, 2022**

9:00-9:25 am **Optional Morning movement** (25 minutes)

9:30 -9:45 am **Opening Meditation** (15 minutes)

9:45-10:30 am **Breathing, Movement, Exercise and Medical Considerations of Mind-
Body Skills- Faculty**

(Presentation: 20 minutes)

Experiential activity: Chaotic Breathing and sharing (25 minutes)

10:30-11:00 am **Genograms- Faculty** (Presentation: 30 minutes)

11:00-11:15 am **Break (15 minutes)**

11:15am-1:15 pm **GROUP #5 - Genograms** (2 hours)

Experiential Activity: Constructing a genogram

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

1:30-2:30 pm **Optional:** Bringing this work to your Institution & Communities Meeting (1
hour)

Afternoon Off!



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DAY 4 Monday, September 19, 2022

9:00-9:25 am **Optional Morning movement** (25 minutes)

9:30-9:45 am **Opening Meditation** (15 minutes)

9:45-11:15 am **Trauma and Transformation** - *James S. Gordon, MD*
(Presentation: 1 hour 30 minutes)

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

11:30 am-1:30 pm **Group #6- Genograms (cont.)** (2 hours)

1:30-2:30 pm **Break/Lunch** (1 hour)

2:30-3:15 pm **Purpose & Meaning in Health and Healing** - *Faculty*
(Presentation: 20 minutes)
Experiential activity: Forgiveness Meditation and sharing (25 minutes)

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

3:45-5:45 pm **GROUP #7 - Genograms (cont.)** (2 hours)



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DAY 5 **Tuesday, September 20, 2022**

9:00-9:25 am **Optional Morning movement** (25 minutes)

9:30-9:45 am **Opening Meditation** (15 minutes)

9:45-10:45 am **Body Awareness - Faculty** (Presentation: 30 minutes)
Experiential activity: Body scan (30 minutes w/ sharing)

10:45-11:00 am **Break (15 minutes)**

11:00am-12:00 pm **Taking the Next Steps: Panel Discussion** (1 hour)

12:00-1:00 pm **Break/Lunch (1 hour)**

1:00-3:00 pm **GROUP #8 - Final Drawings & Closing Ritual** (2 hours)

3:00-3:15pm **Break (15 minutes)**

3:15- 3:45pm **Small group continued and Complete Training Evaluation**
(30 minutes)

3:45- 4:00pm **Break (15 Minutes)**

4:00-4:45 pm **Closing Ceremony** (45 minutes)

4:45 pm End of Program

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