



The Center for

Mind-Body  
Medicine

# Participant Schedule

Professional Training Program in Mind-Body Medicine  
February 2-4 & 7-8, 2022

(No Programming Feb 5<sup>th</sup> & 6<sup>th</sup>)

**All times are written in Eastern Standard Time.**

## **DAY 1 Wednesday, February 2nd, 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, M.D.* (45 minutes) *Experiential activity: Shaking and dancing* (30 minutes)

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

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

11:45 am-12:00 pm Break (15 minutes)

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

2:00-3:00 pm Break/Lunch (1 hour)

3:00-3:30 pm **Biological Underpinnings of Mind-Body Therapies**- *Noshene Ranjbar, MD* (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](mailto:mindbody@cmbm.org)



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## **DAY 2 Thursday, February 3rd, 2022**

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

9:45-10:15 am **Imagery- Liz Veras, MA** (30 minutes)

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

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

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

Optional: Special Interest Lunch (1:00-1:45 pm) (45 minutes)

1:45-2:30 pm **Nutrition & Mindful Eating- Kathy Farah, MD** (45 minutes)

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

2:45-3:30 pm **Mobilizing, Transforming, & Celebrating the Emotions- Jen Phelps, MD**  
(Presentation:15 Minutes)

*Experiential Activity: Yes/No (30 minutes including Q&A)*

*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 Friday, February 4th, 2022**

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

9:45-10:30 am **Breathing, Movement, Exercise and Medical Considerations of Mind-Body Skills-** *Jeremy Brewer, LMSW* (Presentation: 20 minutes)  
*Experiential activity: Chaotic Breathing* (25 minutes)

10:30-11:00 am **Genograms-** *Toni Bankston, LCSW, BACS* (30 minutes)

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

11:15 am-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, February 7th, 2022

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

9:45-11:15 am **Trauma and Transformation** - *James S. Gordon, MD* (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 **Spirituality and Healing-** *Matt Erb, PT* (Presentation: 25 minutes)

*Experiential activity: Forgiveness Meditation* (20 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, February 8th, 2022

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

9:45-10:45 am **Body Awareness** - James S. Gordon, MD (Presentation: 30 minutes)

*Experiential activity: Body scan* (30 minutes w/Q&A)

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

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

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

1:00-3:30 pm **GROUP #8 - Final Drawings & Closing Ritual** (2.5 hours)

3:30-3:45 pm Break - Complete Training Evaluation (15 minutes)

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

4:45 pm End of Program

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