



THE CENTER FOR

**Mind-Body
Medicine**

Participant Schedule

Professional Training Program in Mind-Body Medicine

March 2-4, 6-7 2023

(No Programming on Sunday, March 5th)

All times are written in Eastern Standard Time.

DAY 1 **Thursday, March 2nd, 2023**

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

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

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

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

11:45 am - 12:15 pm **Break (30 minutes)** *Exact time subject to change

12:15 pm - 2:15 pm **GROUP #1 - Drawings** (2 hours) *Small group zoom meeting*

2:15 pm - 3:00 pm **Break/Lunch (45 minutes)**

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

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

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

DAY 2 Friday, March 3rd, 2023

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

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

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

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

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

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

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

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

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

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



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

3:45 pm - 5:45 pm **GROUP #4 – Dialogue with a Symptom, Issue, or Problem** (2 hours)

Small group zoom meeting

DAY 3 Saturday, March 4th, 2023

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

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

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

(Presentation: 20 minutes)

Experiential activity: Chaotic Breathing and sharing (25 minutes)

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

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

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

Experiential Activity: Constructing a genogram

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

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

Afternoon Off!

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DAY 4 **Monday, March 6th, 2023**

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

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

9:45 am - 11:15 am **Trauma and Transformation - *Webinar***
(Presentation: 1 hour 30 minutes)

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

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

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

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

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

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



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DAY 5 **Tuesday, March 7th, 2023**

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

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

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

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

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

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

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

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

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

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

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

4:45 pm End of Program

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