

Title	Timing	Objectives/Goals	Process
Introduction to Mind-Body Medicine week 1	welcome & meditation 20min group guidelines 10min introduce self 30min about Mind-Body Medicine 20 mins experiential exercise 30 meditation 5min	*to introduce an understanding of mind-body connections *learn diaphragmatic breathing *learn how to use drawing to access subconscious	Didactic Experiential: diaphragmatic breathing and drawing Emotional awareness
Recharge: sleep and refresh week 2	meditation 10min, check in, 20 mins didactic on stress response 20 min, experiential: Biofeedback & Autogenics 30 mins check in 20min meditation 10min	*Understand how thoughts control body *Learn how to use phrases to quiet and refresh the body *Learn how to alter body rhythms with focused intent	Didactic Experiential: biofeedback and autogenics, biodots and thermosters, meditations Emotional awareness
Power of the Mind: Awareness & Meditation week 3	meditation 10min, check in, 20min types of meditation 20min, experiential 20min check in 20min meditation 10min	*Understand how movement creates calm in the body *Learn three different forms of meditation *Experience how movement meditation creates calm in the mind and body	Didactic Experiential; shaking and dancing, meditations Emotional awareness
Power of the Mind: guided imagery, strengthen and listen week 4	meditation 10min, check in 20min, types of imagery 20mins, experiential with imagery 20-30 mins, check in 20 mins meditation 10 mins	*Introduce various types of imagery *Learn how to use imagery for self calm, personal growth and creating a safe space	Didactic Experiential: imagery with wise guide and safe space, imagery of food Emotional awareness
Surroundings: Physical and emotional week 5	meditation 10min, check in 20mins how writing reaches the subconscious 20min, importance of emotions 20mins Dialogue with symptom 20 mins, check in 20min, meditation 10min	Understand various ways to connect to subconscious mind *Learn importance of emotions *Learn how to use writing to seek deeper understanding of physical symptoms & emotional issues	Didactic Experiential: meditations, writing, discussion Emotional awareness

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Relationships: Genograms, seeing familial relationships and patterns. week 6 & 7	meditation 10mins, check in 20mins, didactic on relationships 20mins, experiential is drawing Genogram 20mins, Begin sharing genograms 20min meditation 10mins	*Learn how to create family tree to see patterns of behavior, relationships, and ways of being. *Understand how these patterns, behaviors, etc affect you	Didactic Experiential: meditations, drawing and sharing of genograms Emotional awareness
Relationships: Genograms, seeing familial relationships and patterns. week 6 & 7	meditation 10mins, check in 20mins, complete sharing genograms 60-90 min meditation 10mins	*Learn how to create family tree to see patterns of behavior, relationships, and ways of being. *Understand how these patterns, behaviors, etc affect you	Didactic Experiential: meditations, drawing and sharing of genograms Emotional awareness
Mindful Eating: nourish and fuel Your relationship with food week 8	meditation 10min, check in 20mins didactic on food, 20 mins nourishment, experiential eating mindfully 30min, check in 20mins, meditation 10min	*Discuss your relationship with food *Learn how food nourishes *Understand link between stress and obesity Experience mindful eating	Didactic Experiential: meditations, mindful eating, drawing Emotional awareness
Growing and Connecting: Spirit and Soul week 9	meditation 10 mins, check in 20mins, discussion on spirituality 30mins forgiveness meditation 20 mins, checkin 20 min, meditation 10mins	*What is forgiveness, *Discuss spirituality	Didactic Experiential: meditations, body scan, forgiveness exercise Emotional awareness
Drawing & Closing Ritual week 10	meditation 10mins, check in 20 mins, didactic on rituals 10 min, drawings 20 min, a ritual to close the group 50 min,	*Understand importance of rituals *Discuss how rituals support groups, closings and periods of change *Understand how drawing access the subconscious mind	Didactic Experiential: drawings, ritual and closing of group Emotional awareness

Mind-Body Experience Program

Course Objectives for MBM

Mind Body Connections

Course Objectives:

- Teach personal life skills to enhance self-control, critical thinking, conflict resolution, improve health and strengthen mind body awareness
- Stimulate basic human values and virtues that facilitate leading a meaningful and authentic life
- Integration of mind, body, spirit awareness into every facet of life
- **learning objectives:**
 - **Cultivate focus and attention skills**
 - Breathing
 - Learning to empty the mind
 - 20% on the body all the time
 - Mindfully notice your environment-what you notice within, is there tension somewhere, tingling, laughter, relaxation, fear, anxiety, sad thoughts...
 - **Expand self-awareness and social awareness**
 - How does your mood affect your performance, your health
 - How does your body aches/pains/illness affect your mind, performance
 - What is your body telling you
 - Dialogue with symptoms
 - Feel your own energy
 - Notice the energy of a room, your house, a restaurant, your back yard, go on a hike and notice the energy and environment
 - **Develop listening and communication skills**
 - Listen to who is speaking without judgment, without thinking about what you want to say
 - Speak clearly, think about what you will say, your intended meaning
 - **Develop stress management techniques**
 - Breathing-
 - Awareness of your emotions, feeling in your body when you are stressed

- Movement-dance, walking, shaking, music movement, exercise
- Foods that reduce stress, mindful eating
- Journaling
- Imagery
- **Build a repertoire of self-care practices for personal well-being**
 - 3 modalities that you can do anytime, anywhere to reduce your stress
- **Integrate mindfulness into personal and professional life**
 - Focusing on your body and your surroundings 24/7
 - 20% Body awareness 24/7
 - Active listening
 - Mindful Eating
 - Daily meditation of some form- use it for past trauma(journaling, dance, shaking), current frustrations(journaling, breathing followed by imagery), workplace stresses(movement, breathing, journaling, imagery), problems with family members/parents(journal the issue, use your favorite technique to relax then imagine the way you would like it to be, body awareness-where this issue is felt in your body),performance(imagery, breathing, clarification of what you want)
 - Role of spirituality in healing
- **Foster compassion, empathy and appreciation of diversity**

The program begins with an intro class where you will establish core connections, feel the power of the mind & body connection, learn 4 different ways to tap into your inner guidance and begin to feel/experience your feelings. The next 4 weeks are 2 hours on Thursdays to continue the experience, deepen your connections, give you ample opportunity to practice what you are learning. The final class, a full day, will anchor what you have learned, increase the depth and connections and provide a powerful closing experience.

Sunday Aug 27. 9:00am- 4:00pm, includes lunch

Thursdays Sept 7, 14, 21, 28 9-11:00am

Sunday October 8 9:00-4:00pm, include lunch

**The course was developed by Dr. James Gordon of The Center For Mind Body Medicine in Washington, D.C. To see the research and efficacy of the program go to CMBM.ORG.