



Participants Schedule
Subject to change

Arrival Day: Friday, January 29, 2010

6:30-7:30pm Optional registration

Saturday, January 30, 2010

7:00-8:15am Registration

8:30-9:15am Welcome, Guiding Principles

9:15-10:45am Large Group Introduction and Check-in

10:45-11:15am Break – Walk to group

11:15am-1:15pm **Faculty-led Small Group Session**

1:15-2:45pm Lunch

2:45-5:45pm **Coaching Session** (includes partners work)

6:00-7:30pm Opening Reception

Sunday, January 31, 2010

6:30-7:30am Yoga (optional)

8:30-8:45am Opening Meditation

8:45-9:45am Panel #1 - Group Fundamentals

9:45-10:15am Break - Walk to group

- 10:15am-12:45pm **Small Group Session #1:** Breathing & Movement
(led by participants)
- 12:45-2:15pm Lunch
- 2:15-3:15pm Panel #2 – Working with Difficult Issues
- 3:15-3:45pm Break
- 3:45-6:15pm **Small Group Session #2:** Autogenics and Biofeedback
(led by participants)

Monday, February 1, 2010

- 6:30-7:30am Yoga (optional)
- 8:30-11:00am **Small Group Session #3:** Meditation and Mindful Eating
(led by participants)
- 11:00-11:30am Break - snacks will be given out
- 11:30am-1:30pm Fishbowl – Demonstration of Working with a Group

Afternoon off

Tuesday, February 2, 2010

- 6:30-7:30am Yoga (optional)
- 8:30-11:00am **Small Group Session #4:** Imagery/Visualization
(led by participants)
- 11:00-11:30am Break
- 11:30am-12:45pm Panel #3 – Dealing with Special Populations
- 12:45-2:30pm Lunch
- 2:30-5:45pm **Small Group Session #5:** Drawings with Closing Ritual
(led by participants)

Wednesday, February 3, 2010

6:30-7:30am	Yoga (optional)
8:30-8:45am	Opening Meditation
8:45-9:45am	Supervision, Certification & Taking the Next Steps
9:45-10:00am	Break
10:00-11:30am	Taking this Work Out to the World: <ul style="list-style-type: none">• Groups at The Center for Mind-Body Medicine• Issues in implementing the model in: (breakouts - select one)<ol style="list-style-type: none">1. Military and Institutions2. Psychotherapy Practice3. Medical Practice (includes medical coding & billing as well as info for non-medical professionals working in a medical setting)4. Community-based setting
11:30am-12:00pm	Break
12:00-12:30pm	Active Meditation
12:30-1:00pm	Guided Imagery
1:00-2:30pm	Lunch
2:30-5:00pm	Small Group Consulting Session
5:00-5:15pm	Fill out evaluations!!! Turn in evaluations.
5:15-5:30pm	Break - Walk back to larger meeting area
5:30-6:15pm	Q&A/Wrap-up and closing ritual
6:15-7:00pm	Tea & Cookies

End of program