



Participants Schedule
Subject to change

Arrival Day: Friday, January 28, 2011

6:30-7:30pm Optional registration

Saturday, January 29, 2011

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 – *optional session for anybody interested in working with children & teens (bring your own lunch)*

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

6:00-7:00pm Opening Reception

Sunday, January 30, 2011

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

7:30-8:30am Breakfast for current Certification candidates

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 - *Healing Our Troops meeting*
- 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)

Remember to go directly to your group tomorrow morning!

Monday, January 31, 2011

- 6:30-7:30am Yoga (optional)
- 7:30-8:30am *Saybrook University Information Session (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 1, 2011

- 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 –*session for current Saybrook students & meeting with supervisors (lunch provided)*
- 2:30-5:45pm **Small Group Session #5:** Drawings with Closing Ritual (led by participants)

Wednesday, February 2, 2011

- 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:
 - Groups at The Center for Mind-Body Medicine
 - Issues in implementing the model in: **(breakouts - select one)**
 1. Military and Institutions
 2. Psychotherapy Practice
 3. 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 - *Healing Our Troops meeting*
- 2:30-5:00pm **Small Group Consulting Session**
- 5:00-5:15pm Fill out evaluations!!! **Turn in evaluations & Attendance Tracking Forms.**
- 5:15-6:00pm Q&A/Wrap-up and closing ritual (Tea & Cookies too!)

End of program