

Description: Mind-Body Medicine is health care that emphasizes healing, self care, patient-provider relationship and exploring many factors that affect wellness; these are hallmarks of a growing field in health care called Integrative Medicine. Integrative Medicine, including the evidence-based mind-body techniques discussed in this workshop, is associated with increased patient satisfaction and improved health outcomes (*IOM, 2009*).

The Mind-Body Medicine workshop will be offered to a maximum of 10 students per group. Each group will meet for 2 hours once a week for 11 weeks with two faculty members who will co-facilitate the sessions. The students will learn various Mind-Body Medicine skills, practice them and discuss their experiences with members of the small group. Students will have an opportunity not only for individual attention and instruction, but also for sharing what they are learning about mind-body medicine and about themselves. Students will be asked to practice the skills taught on their own for 20 minutes per day, 5 days per week. Recommended readings will be distributed.

### **OBJECTIVES**

At the completion of this workshop, students will:

- (a) describe a variety of evidence-based, healing modalities including meditation, guided imagery, autogenic training, journal writing and movement; reflect on the ways these skills can be helpful personally and professionally.
- (b) articulate the importance of self-awareness and self-care for personal health and well-being and the importance of maintaining a balance between the intellectual, emotional, physical, social and spiritual aspects of their lives.
- (c) further develop the skill of metacognition.
- (d) appreciate the value of an on-going commitment to personal growth as fundamental to the practice of medicine.

### **COMPETENCIES**

This workshop is designed to facilitate the students' mastery of the following defined competencies:

- An understanding and knowledge of oneself, including the scope and limits of one's knowledge, skills and values
- The ability to learn independently with a critical awareness of the scope and limits of one's knowledge, skills and values
- An awareness of the importance of maintaining one's own well-being and of balancing the demands of professional and personal life

## SYLLABUS

Weekly meetings will take place Wednesday evenings 6-8 p.m. in room **7870 in the CARE/Crawley Building**. For the first meeting on **September 15, please arrive at 5:45 p.m.** to allow for orientation time and paperwork.

- 9/8 Week 1- Orientation/Introduction: Review of workshop expectations, competencies and objectives. Drawings part 1. *Please arrive by 5:45 p.m.*
- 9/15 Week 2- Autogenic Training/Biofeedback
- 9/22 Week 3- Eating Meditation, Sitting Mindfulness Meditation
- 9/29 Week 4- Special Place Imagery
- 10/6 Week 5- Inner Guide/Wise Self/Spirit Guide Imagery
- 10/13 Week 6- Dialogue with a Symptom, Body Part or Emotion
- 10/20 Week 7- Shaking and Dancing
- 10/27 Week 8- Forgiveness Meditation
- 11/3 Week 9- Walking Meditation
- 11/10 Week 10- Drawings part 2, Positive Quality Index Cards
- 11/17 Week 11 - Closing, Distribute Positive Quality Index Cards