

Mount Madonna 2020

Agenda and objectives

Course Objectives

After attending this course, participants will be better able to:

1. Apply mechanisms of reward-based learning to habit change
2. Assess how mindfulness targets reward-based learning
3. Build attentional capacity through moment to moment focus
4. Compare and discuss unique experiential elements of MBSR practice and how to apply with clients
5. Describe different types of mindfulness practices
6. Describe origins of mind/body medicine and corollaries in MBSR
7. Design a plan for continuing to develop mindfulness both formally and informally in one's daily life
8. Differentiate types of reward-based learning, such as positive and negative reinforcement
9. Discuss and distinguish key characteristics of how balance, harmony, and responsiveness may be promulgated through incorporation and sustained effort of formal and informal mindfulness practice into one's life
10. Discuss the brain mechanisms underlying mindfulness and self-referential processes
11. Employ dialogue to articulate and clarify questions from the experiential learning of MBSR in Medicine, Practice and Science
12. Examine and discuss experience of attending to sensations, thoughts, emotions and open awareness
13. Examine application of mindfulness practice to daily life as a stress reduction modality
14. Explain the differences between empathy and compassion
15. Describe how to extend formal mindfulness practice to informal experiences of eating, seeing, hearing, etc.
16. Describe how to extend mindfulness focus to include internal and external awareness
17. Identify and discuss key characteristics of the ethos of MBSR
18. Identify evidence-based findings which support MBSR as a public health initiative
19. Identify operant learning theory as a specific foundation of MBSR
20. Identify personal, institutional and societal contributors to burn out
21. Identify the potential risk of increased stress with empathic identification with a patient's suffering
22. Identify, analyze, differentiate and discuss key elements of empathy and compassion
23. Recall, analyze and discuss, from extended experiential mindfulness practice, the recognition of automatic, habitual reactivity and mindfulness - stress responses
24. Describe and apply the practice of kindness for self and other as a supportive modality
25. Identify and employ frames relating to inclusion and diversity through both personal introductions and group relational practice as an expression of shared humanity
26. Reflect and define one intention for incorporating learning from the introduction of mindfulness in personal and professional life.
27. Review and discuss key elements of mindfulness research in addiction treatment
28. Summarize current findings of brain mechanisms of mindfulness using neuroimaging.
29. Discuss the effects of empathy fatigue on physician burnout

Time Frame	Content (Topics)	Objectives	Faculty	Teaching Methods
State the timeframes for each session	Provide an outline of the content of each session/objective	List all #'s of course behavioral objectives under the timeframe they will be addressed.	List the faculty for each session	Describe the teaching methods, strategies, materials, resources for each session
Friday 7:00-8:30PM	Introduction to Mindfulness-Based Stress Reduction (MBSR) in Mind-Body Medicine Course content, guidelines for participation	18	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	Lecture, Q&A, demonstrations, experiential exercises
Friday 8:30-10:00 PM	Explicate details and expectations of the experiential learning structure of MBSR and of the MBSR in MPS. Group introductions and intentions for attendance.	5 25	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
Saturday 9:00-10:30 AM	Overview of MBSR. The experiential introduction of essential elements of MBSR within the MPS training is explicated with the introduction of meditation practices, awareness exercises and methods used by participants in MBSR. Identify intentions for attendance and individual learning goals.	6	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
Saturday 10:30 AM – 12:15 PM	Formal and informal mindfulness modalities are introduced including the body scan meditation, sitting meditation, hatha yoga, eating meditation, walking meditation and mindfulness in the daily activities of life. Explicate the unique learning from experience in order to apply benefits of mindfulness to clients and patients.	4 19	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
Saturday 2:00-3:30 PM	Continued overview of MBSR with the introduction of initial meditation practices, awareness exercise and methods learned by participants in MBSR. Detailed training in formal and informal mindfulness methods, is engaged, including the body scan meditation, sitting meditation, hatha yoga, eating meditation, walking meditation and mindfulness in the daily activities of life.	7 19	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
Saturday 3:30-5:15 PM	Large and small group instruction/supervision so that participants have an opportunity to practice, examine in detail and refine their skills in the various mindfulness practices taught. Attention will be	12 19	Lone Overby Fjorback, MD, PhD and Florence Meleo-	

	given to the verbal instructions, pacing, use of language cues, and silence in the introduction of mindfulness as a method and a way of living.		Meyer, MS, MA	
Saturday 7:00-9:00 PM	MBSR Overview, including theoretical foundations, and program structure, including origins of mind-body medicine, history of stress research, elements of the MBSR program, and the potential impact of MBSR as a global public health initiative.	6 18	Florence Meleo-Meyer, MS, MA	
Sunday 6:00-7:30 AM	Experiential mindfulness practice		Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
Sunday 9:00-10:30 AM	Continued overview of MBSR and initial meditation practices, awareness exercise and methods learned by participants in MBSR. Detailed training in formal and informal mindfulness methods, including the body scan meditation, sitting meditation, hatha yoga, eating meditation, walking meditation and mindfulness in the daily activities of life	13 4	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
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Sunday 2:00-3:30 PM	Continued overview of MBSR and experiential approach to the initial meditation practices, awareness exercise and methods learned by participants in MBSR. Detailed training in formal and informal mindfulness methods, including the body scan meditation, sitting meditation, hatha yoga, eating meditation, walking meditation and mindfulness in the daily activities of life.	13 4 9	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
Sunday 3:30-5:15 PM	Large and small group instruction/supervision so that participants have an opportunity to practice, examine in detail and refine their skills in the various mindfulness practices taught. Explication of the MBSR intention, structure and process as it is expressed in the experiential engagement in the MPS training.		Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	

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Sunday 7:00-9:00 PM	Review of mindfulness and MBSR and Mind Body medicine research through lecture, power point and group discussion. Current research on mindfulness approaches to addiction, habit-formation and release with exploration of findings in neuroscience. Review of current science including findings with MBSR and blood pressure regulation.	1 2 10 27 28	Lone Overby Fjorback, MD, PhD	
Monday 6:00-7:30 AM	Experiential mindfulness practice		Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
Monday 9:00-10:30 AM	Large and small group instruction/supervision so that participants have an opportunity to practice, examine in detail and refine their skills in the various mindfulness practices taught. Experiential exploration of awareness of thoughts and emotions in sitting meditation. Discussion on the value of extended meditation practice and silence allowing deeper awareness of the elements which contribute to stress.	12 23	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
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Monday 2:00-5:15 PM	Examination of professional and personal sources of stress and, discussion on the value of the application of meditation practice and silence allowing deeper awareness of the perceptions and	12	Lone Overby Fjorback, MD, PhD and Florence Meleo-	

	choices which contribute to stress. Discussion on the value of a continuity of meditation practice and preparations for a period of extended practice.		Meyer, MS, MA	
Tuesday 6:00-7:30 AM	Experiential mindfulness practice		Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
Tuesday 9:00-10:30 AM	Detailed experience-based exploration of mindfulness meditation in MBSR. Specific training in formal and informal mindfulness methods, including the body scan meditation, sitting meditation, hatha yoga, eating meditation, walking meditation, and, mindfulness in daily activities.	3 26	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
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Wednesday 10:30 AM – 12:15 PM	Small and large group discussions on direct perception and recognition of stress patterns within the context of mindful awareness. Closing the extended period of meditation training.	23	Lone Overby Fjorback, MD, PhD and Florence Meleo- Meyer, MS, MA	
Wednesday 2:00-5:15 PM	Continued discussion of learning during the extended period of detailed mindfulness meditation training. Habitual stress reactivity and mindfulness –mediated stress response as taught in MBSR is described and applied to personal experience. Explication and application of habit-loops from direct experience are applied and assimilated. Discussion of personal, social and institutional elements that contribute to the debilitation of burn-out.	1 20 21 23	Lone Overby Fjorback, MD, PhD and Florence Meleo- Meyer, MS, MA	
Wednesday 7:00-9:00 PM	Explication of MBSR teacher training and options for mindfulness training.		Florence Meleo- Meyer, MS, MA	
Thursday 6:00-7:30 AM	Experiential mindfulness practice		Lone Overby Fjorback, MD, PhD and Florence Meleo- Meyer, MS, MA	
Thursday 9:00-10:30 AM	Interpersonal mindfulness practice with the exploration of the influence of empathy and compassion in personal and professional life. Detailed introduction to mindfulness and kindness as resources in daily life and as supports in facing personal and professional challenges.	14 16 21 22 29	Lone Overby Fjorback, MD, PhD and Florence Meleo- Meyer, MS, MA	
Thursday 10:30 AM – 12:15 PM	Explication of reward-based learning. Interpersonal mindfulness as a modality for applying kindness as a supportive modality.	8 24	Lone Overby Fjorback, MD, PhD and Florence Meleo- Meyer, MS, MA	
Thursday 2:00-5:15PM	Investigation, dialogue and discussion on the unifying characteristics of MBSR. Exploration in small and large groups of the ethos of MBSR as contributing factors to both a health	9 17 26	Lone Overby Fjorback, MD, PhD and Florence Meleo-	

	supporting life style and of MBSR as a public health initiative.		Meyer, MS, MA	
Thursday 7:00-9:00 PM	Examination of questions relating to personal development of meditation practice and professional applications.	11	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
Friday 6:00-7:30 AM	Experiential mindfulness practice and professional applications	15	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
Friday 9:00-11:00 AM	Suggestions for integration of MBSR into everyday life for health care practitioners. Closing comments and suggestions for mindful transitions. Review resources for further learning and professional development.	7	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	