

## ***Week 1: Introductions & Participation Guidelines*** **Developed by The Center For Mind Body Medicine**

### **I. Meditation**

We will open and close each class with a brief (5-7 min) meditation that is simple and accessible to all regardless of experience.

### **II. Overview of Mind-Body Medicine**

Mind-body medicine focuses on the interactions between the mind and the body and the powerful ways in which you can participate in your own healing and health. Thoughts, feelings, beliefs and attitudes can affect and shape every aspect of our biological functioning. Mind-body medicine combines ancient and modern techniques to help us become aware of the way we deal with stress, illness and our lives. Some of these techniques are meditation, guided imagery, biofeedback, writing, and drawing.

Learning and practicing mind-body techniques provides a way for us to learn skills for taking care of ourselves and to practice them with others in a supportive environment. It is possible through the mastery of these techniques to experience deeper relaxation, fewer physical symptoms of illness, less pain, less fatigue, more energy, and enhanced immune system functioning. Also, many individuals become more successful in dealing with pain, chronic illness, stress, anxiety and depression. Self-care is the heart of health care and active engagement in helping oneself is powerfully therapeutic.

### **III. Reflection writing**

You will hand write legibly, 200 words weekly on how you felt while practicing the technique you learned and what you discovered, if anything, about yourself.

### **IV. Introductions in groups**

- *Tell us a little bit about your background, personally and professionally?*
- *What drew you to this class?*
- *What are you looking forward to in this experience?*
- *What's going on with you right now—physically and/or emotionally*

### **V. Homework**

Practice soft belly breathing throughout the day, at least 2 times this week

## **VI. Participation Guidelines**

### **A. Confidentiality**

To create a safe and supportive environment, group members are asked to keep all information shared by any member of the group in strict confidence.

### **B. Mutual Respect**

All members are asked to treat one another with courtesy and respect. We will use a talking object to avoid interruptions, advising or cross talk. By sitting silently and observing what is coming up for us as others speak, we become more self-aware. Cultivating a “beginner's mind” will help you to remain open to new ideas and new experiences. We can learn from each other because everyone’s experience has something to teach us.

### **C. “I Pass” Rule**

While members are encouraged to participate in group discussions, at no time will anyone be asked to reveal information which he/she is uncomfortable sharing. By saying “I Pass”, the group member’s wish to be silent at that time will be honored.

### **D. Punctuality**

It is important to be on time for class; if for some reason you are late, just come in quietly and sit down. If you know you will be late for any reason, please let me know in advance.

### **E. Commitment**

We will be learning a different mind-body technique every week, so in order to fully benefit it is important to attend class regularly. If you are unable to attend class, please notify me in advance **at (408)864-5778**.

### **F. Home Practice**

Consistent home practice is important if you wish to gain the most benefit from the techniques being taught.

*Do you agree to abide by the following group guidelines? Are you willing to follow them?*

*If yes, please sign and date:* \_\_\_\_\_