

<b>Time Frame</b>	<b>Content (Topics)</b>	<b>Objectives</b>	<b>Faculty</b>	<b>Teaching Methods</b>
State the timeframes for each session	Provide an outline of the content of each session/objective	List all 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
<b>Sunday</b> <b>7:00-8:30PM</b>	Introduction to Mindfulness-Based Stress Reduction (MBSR) in Mind-Body Medicine Course content, guidelines for participation	<ul style="list-style-type: none"> <li>● Identify objectives and methods of MBSR in MPS training</li> <li>● Identify evidence-based findings which support MBSR as a public health initiative</li> <li>● Recognize and articulate community guidelines</li> <li>● Review and discuss attendance responsibilities and expectations</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Sunday</b> <b>8:30-10:00 PM</b>	Explicate details and expectations of the experiential learning structure of MBSR and of the MBSR in MPS. Group introductions and intentions for attendance.	<ul style="list-style-type: none"> <li>● Summarize intention of experiential learning structure and how this aligns with the MBSR program</li> <li>● Describe different types of mindfulness practices</li> <li>● Recognize and employ frames relating to inclusion and diversity through both personal introductions and group relational practice as an expression of shared humanity</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Monday</b> <b>9:00-10:30 AM</b>	Overview of MBSR. The experiential introduction of essential elements of MBSR within the MPS training is explicated with the introduction of	<ul style="list-style-type: none"> <li>● Identify intentions and learning goals for attendance at MPS</li> <li>● Review program learning</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	

	meditation practices, awareness exercises and methods used by participants in MBSR. Identify intentions for attendance and individual learning goals.	<p>objectives</p> <ul style="list-style-type: none"> <li>• Describe origins of mind/body medicine and corollaries in MBSR</li> <li>• Relate MBSR modality as a public health initiative</li> </ul>		
<b>Monday</b> <b>10:30 AM – 12:15 PM</b>	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.	<ul style="list-style-type: none"> <li>• Apply experiential elements of MBSR to program learning objectives</li> <li>• Identify operant learning theory as a specific foundation of MBSR</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Monday</b> <b>2:00-3:30 PM</b>	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.	<ul style="list-style-type: none"> <li>• Apply experiential elements of MBSR to program learning objectives</li> <li>• Identify operant learning theory as a specific foundation of MBSR</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Monday</b> <b>3:30-5:15 PM</b>	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.	<ul style="list-style-type: none"> <li>• Apply experiential elements of MBSR to program learning objectives</li> <li>• Small and large group examination of experiential</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	

	Attention will be 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.	learning		
<b>Monday</b> <b>7:00-9:00 PM</b>	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.	<ul style="list-style-type: none"> <li>• Describe origins of mind/body medicine and corollaries in MBSR through lecture and power point</li> <li>• Relate MBSR modality as a public health initiative</li> <li>• Identify Global Mindfulness Collaborative centers creating a network of evidence-based MBSR programs and teacher trainings</li> </ul>	Florence Meleo-Meyer, MS, MA	
<b>Tuesday</b> <b>6:00-7:30 AM</b>	Experiential mindfulness practice	<ul style="list-style-type: none"> <li>• Apply experiential elements of MBSR to program learning objectives</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Tuesday</b> <b>9:00-10:30 AM</b>	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	<ul style="list-style-type: none"> <li>• Apply experiential elements of MBSR</li> <li>• Examine application of mindfulness practice to daily life as a stress reduction modality</li> <li>• Compare and discuss unique experiential elements of MBSR practice</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	

<p><b>Tuesday</b> <b>10:30 AM – 12:15 PM</b></p>	<p>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 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. Examination and differentiation of methodological and instructional skills employed in teaching mindfulness from those often used in teaching relaxation techniques.</p>	<ul style="list-style-type: none"> <li>• Apply experiential elements of MBSR to program learning objectives</li> <li>• Examination of the application of mindfulness practice to daily life as a stress reduction modality</li> </ul>	<p>Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA</p>	
<p><b>Tuesday</b> <b>2:00-3:30 PM</b></p>	<p>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.</p>	<ul style="list-style-type: none"> <li>• Apply experiential elements of MBSR to program learning objectives</li> <li>• Explication of the MBSR intention, structure and process as it is expressed in the experiential engagement in the MPS training</li> </ul>	<p>Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA</p>	
<p><b>Tuesday</b> <b>3:30-5:15 PM</b></p>	<p>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,</p>	<ul style="list-style-type: none"> <li>• Apply experiential elements of MBSR to program learning objectives</li> <li>• Explication of the MBSR intention, structure and process as it is expressed in the experiential</li> </ul>	<p>Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA</p>	

	structure and process as it is expressed in the experiential engagement in the MPS training.	engagement in the MPS training		
<b>Tuesday</b> <b>7:00-9:00 PM</b>	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.	<ul style="list-style-type: none"> <li>• Assess how mindfulness targets reward-based learning</li> <li>• Apply understanding of mechanisms of reward-based learning to habit change</li> <li>• Discuss the brain mechanisms underlying mindfulness and self-referential processes</li> <li>• Review and discuss key elements of mindfulness research in addiction treatment</li> <li>• Summarize current findings of brain mechanisms of mindfulness using neuroimaging.</li> </ul>	Judson Brewer, MD, PhD	
<b>Wednesday</b> <b>6:00-7:30 AM</b>	Experiential mindfulness practice	<ul style="list-style-type: none"> <li>• Apply experiential elements of MBSR to program learning objectives</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Wednesday</b> <b>9:00-10:30 AM</b>	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	<ul style="list-style-type: none"> <li>• Examine and discuss experience of attending to thoughts and emotions</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	

	emotions in sitting meditation. Discussion on the value of extended meditation practice and silence allowing deeper awareness of the elements which contribute to stress.			
<b>Wednesday 10:30 AM – 12:15 PM</b>	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.	<ul style="list-style-type: none"> <li>• Apply experiential elements of MBSR</li> <li>• Examine and discuss experience of attending to thoughts and emotions</li> <li>• Analyze and discuss intention for period of extended mindfulness practice</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Wednesday 2:00-5:15 PM</b>	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 choices which contribute to stress. Discussion on the value of a continuity of meditation practice and preparations for a period of extended practice.	<ul style="list-style-type: none"> <li>• Analyze and discuss intention for period of extended mindfulness practice</li> <li>• Examine and discuss experience of attending to sensations, thoughts, emotions and open awareness</li> <li>• Prepare to engage in an extended period of teacher-led silent mindfulness practice</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	

<b>Thursday</b> <b>6:00-7:30 AM</b>	Experiential mindfulness practice	<ul style="list-style-type: none"> <li>• Apply experiential elements of MBSR to program learning objectives</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Thursday</b> <b>9:00-10:30 AM</b>	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.	<ul style="list-style-type: none"> <li>• Practice skill in various formal mindfulness modalities over an extended period of time</li> <li>• Demonstrate skill in ongoing attention to bodily sensations, thoughts and emotions</li> <li>• Build attentional capacity through moment-to-moment focus</li> <li>• Practice attentional variability through narrowing and widening of focus</li> <li>• Extend formal mindfulness practice to informal experiences of eating, seeing, hearing, etc.</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	
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<b>Thursday</b> <b>2:00-3:30PM</b>	Continued experiential exploration of mindfulness meditation 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 daily activities.	<ul style="list-style-type: none"> <li>• Practice skill in various formal mindfulness modalities over an extended period of time</li> <li>• Demonstrate skill in ongoing attention to bodily sensations, thoughts and emotions</li> <li>• Build attentional capacity through moment-to-moment focus</li> <li>• Practice attentional variability through narrowing and widening of focus</li> <li>• Extend formal mindfulness practice to informal experiences of eating, seeing, hearing, etc.</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	
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	and, mindfulness in daily activities	<p>emotions</p> <ul style="list-style-type: none"> <li>• Build attentional capacity through moment-to-moment focus</li> <li>• Practice attentional variability through narrowing and widening of focus</li> <li>• Extend formal mindfulness practice to informal experiences of eating, seeing, hearing, etc.</li> </ul>		
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		<p>extended period of time</p> <ul style="list-style-type: none"> <li>• Demonstrate skill in ongoing attention to bodily sensations, thoughts and emotions</li> </ul>		
<p><b>Friday</b> <b>9:00-10:30 AM</b></p>	<p>Continued experiential exploration of mindfulness meditation 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 daily activities.</p>	<ul style="list-style-type: none"> <li>• Extend formal mindfulness practice to informal experiences of eating, seeing, hearing, etc.</li> <li>• Build attentional capacity through moment-to-moment focus</li> <li>• Practice attentional variability through narrowing and widening of focus</li> </ul>	<p>Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA</p>	
<p><b>Friday</b> <b>10:30 AM – 12:15 PM</b></p>	<p>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.</p>	<ul style="list-style-type: none"> <li>• Recall, analyze and discuss, from extended experiential mindfulness practice, the recognition of automatic, habitual reactivity and mindfulness -stress responses</li> </ul>	<p>Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA</p>	
<p><b>Friday</b> <b>2:00-5:15 PM</b></p>	<p>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</p>	<ul style="list-style-type: none"> <li>• Apply experiential learning to personal and theoretical learning of operant conditioning</li> <li>• Explicate automatic, habitual stress reactivity and stress mediated response as taught in MBSR</li> <li>• Identify personal,</li> </ul>	<p>Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA</p>	

	assimilated. Discussion of personal, social and institutional elements that contribute to the debilitation of burn-out.	<p>institutional and societal contributors to burn out</p> <ul style="list-style-type: none"> <li>• Apply research of reward-based learning to experiential learning of mindfulness practice</li> </ul>		
<b>Friday</b> <b>7:00-9:00 PM</b>	Explication of MBSR teacher training and options for mindfulness training.	<ul style="list-style-type: none"> <li>• Identify prerequisites and MBSR professional teacher training pathway toward becoming a certified MBSR instructor</li> </ul>	Florence Meleo-Meyer, MS, MA	
<b>Saturday</b> <b>6:00-7:30 AM</b>	Experiential mindfulness practice	<ul style="list-style-type: none"> <li>• Practice skill in various formal mindfulness modalities over an extended period of time</li> <li>• Demonstrate skill in ongoing attention to bodily sensations, thoughts and emotions</li> <li>• Build attentional capacity through moment to moment focus</li> <li>• Recognize mindfulness practice as foundational to teaching others</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Saturday</b> <b>9:00-10:30 AM</b>	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	<ul style="list-style-type: none"> <li>• Extend mindfulness focus to include internal and external awareness</li> <li>• Identify, analyze and discuss key elements of empathy and compassion</li> <li>• Employ dialogue to identify</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	

	and professional challenges.	<p>experiential benefits, similarities and differences between empathy and compassion</p> <ul style="list-style-type: none"> <li>• Explain the differences between empathy and compassion</li> <li>• Identify the potential risk of increased stress with empathic identification with a patient’s suffering</li> <li>• Understand the effects of empathy fatigue on physician burnout</li> <li>• Explore the potential beneficial and protective impact of compassion</li> </ul>		
<p><b>Saturday</b> <b>10:30 AM – 12:15 PM</b></p>	Explication of reward-based learning. Interpersonal mindfulness as a modality for applying kindness as a supportive modality.	<ul style="list-style-type: none"> <li>• Differentiate types of reward-based learning, such as positive and negative reinforcement</li> <li>• Recognize and apply the practice of kindness for self and other as a supportive modality</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	
<p><b>Saturday</b> <b>2:00-5:15PM</b></p>	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 supporting life style and of MBSR as a public health initiative.	<ul style="list-style-type: none"> <li>• 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</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	

		<ul style="list-style-type: none"> <li>• Identify and discuss key characteristics of the ethos of MBSR</li> <li>• Reflect and define one intention for incorporating learning from the introduction of mindfulness in personal and professional life.</li> </ul>		
<b>Saturday</b> <b>7:00-9:00 PM</b>	Examination of questions relating to personal development of meditation practice and professional applications.	<ul style="list-style-type: none"> <li>• Employ dialogue to articulate and clarify questions from the experiential learning of MBSR in Medicine, Practice and Science</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Sunday</b> <b>6:00-7:30 AM</b>	Experiential mindfulness practice and professional applications	<ul style="list-style-type: none"> <li>• Review and clarify experiential learning from mindfulness training</li> <li>• Extend mindfulness practice to informal experiences of eating, seeing, hearing, etc., as it relates to integrating mindfulness practice into daily life</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Sunday</b> <b>9:00-11:00 AM</b>	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.	<ul style="list-style-type: none"> <li>• Recognize and analyze next steps needed to transition from the program</li> <li>• Design a personal plan for continuing to develop mindfulness both formally and informally in one's daily life</li> <li>• Conclude participation with</li> </ul>	Judson Brewer, MD, PhD and Florence Meleo-Meyer, MS, MA	

		articulation of learning, insights, and intentions		
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