

<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 #'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
<b>Friday</b> <b>7:00-8:30PM</b>	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
<b>Friday</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.	5 25	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Saturday</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 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	
<b>Saturday</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.	4 19	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Saturday</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.	7 19	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Saturday</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. 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	
<b>Saturday</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.	6 18	Florence Meleo-Meyer, MS, MA	
<b>Sunday</b> <b>6:00-7:30 AM</b>	Experiential mindfulness practice		Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Sunday</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	13 4	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Sunday</b> <b>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. 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.	13 4 5	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Sunday</b> <b>2:00-3:30 PM</b>	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	
<b>Sunday</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. 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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<b>Sunday</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.	1 2 10 27 28	Lone Overby Fjorback, MD, PhD	
<b>Monday</b> <b>6:00-7:30 AM</b>	Experiential mindfulness practice		Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Monday</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 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	
<b>Monday</b> <b>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.	12 23	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Monday</b> <b>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	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	
<b>Tuesday</b> <b>6:00-7:30 AM</b>	Experiential mindfulness practice		Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Tuesday</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.	3 26	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
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<b>Tuesday</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.	3 26	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
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<b>Wednesday</b> <b>6:00-7:30 AM</b>	Experiential mindfulness practice		Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	

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<b>Wednesday</b> <b>10:30 AM – 12:15 PM</b>	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	
<b>Wednesday</b> <b>2:00-5:15 PM</b>	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	
<b>Wednesday</b> <b>7:00-9:00 PM</b>	Explication of MBSR teacher training and options for mindfulness training.		Florence Meleo- Meyer, MS, MA	
<b>Thursday</b> <b>6:00-7:30 AM</b>	Experiential mindfulness practice		Lone Overby Fjorback, MD, PhD and Florence Meleo- Meyer, MS, MA	
<b>Thursday</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 and professional challenges.	14 16 21 22 29	Lone Overby Fjorback, MD, PhD and Florence Meleo- Meyer, MS, MA	
<b>Thursday</b> <b>10:30 AM – 12:15 PM</b>	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	
<b>Thursday</b> <b>2:00-5:15PM</b>	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	
<b>Thursday</b> <b>7:00-9:00 PM</b>	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	
<b>Friday</b> <b>6:00-7:30 AM</b>	Experiential mindfulness practice and professional applications	15	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	
<b>Friday</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.	7	Lone Overby Fjorback, MD, PhD and Florence Meleo-Meyer, MS, MA	