

Mindful Medicine Physicians Retreat

Welcome & Registration

Greetings! Welcome to Mindful Medicine, a 3-session workshop. We are excited to bring you the best of evidence-based mindfulness training, specifically designed for physicians. Based on the well-established Mindfulness Based Stress Reduction (MBSR) course, this is a highly accessible and valuable program for anyone seeking to improve health. Our experience, supported by evidence in the medical literature, is that mindfulness training can significantly improve the quality of life, and medical practice, for physician participants.

Class content will include practical strategies and tools for integrating mindfulness into your daily life. Participation will include practice of mindfulness techniques in session and at home, between sessions. This workshop is for educational purposes only and is not psychotherapy or medical treatment. It is not intended to diagnose or treat any psychiatric or medical condition.

The class does include skill training in relaxation and meditation methods as well as gentle stretching (yoga) exercises. If for any reason you are unable to, or think it unwise to engage in these techniques and exercises either during the weekly sessions or at home, you are under no obligation to engage in these techniques, nor will you hold Denise Gour, Laura Martin, Dan Rubin and / or the facility liable for any injury incurred from these exercises.

If, at any time, you feel unable to participate in a given activity or have questions or concerns about the class, please contact the instructor, Laura Martin, LCSW before or after class, or by phone (503) 542-4378.

Your signature on this form indicates your understanding of the information provided above and your consent to participate in this workshop. If you like, a copy of this form can be provided for your records.

Participant Signature

Date

Date & Location

October 16, 17, 18, 2015

Friday 7-9 PM, Saturday 10 AM – 5 PM, Sunday 1-5 PM

Heart of Wisdom Zen Temple

6401 NE Tenth Ave., PDX, OR 97211

Two follow-up sessions will be offered at Portland Providence Medical Center (PPMC).

Thursdays, October 29th & November 12th, 6:30 PM to 8:30 PM

Providence Portland Medical Center designates this live educational activity for a maximum of 2.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

Contact info ~ Teddy Gardner, Retreat Coordinator, Email teddy@partnership-works.com, (c) 503.318.7975 or

Email, [Dave Schroeder, David.Schroeder@providence.org](mailto:Dave.Schroeder@providence.org)

Website ~ www.mindfulmedicinepdx.org

What to Expect

- The program is largely experiential with some didactic instruction on meditation and related brain science.
- How much or how little you choose to share in the group is *always* your personal choice.
- Body Scan Meditation
- Mindful Breathing Practice
- Mindful Eating Meditation
- Listening and Seeing Meditation
- Sitting Meditation
- Walking Meditation
- Conversation/Discussion of practice experiences among classmates
- Information about the mind and body relationship to stress

Please bring your signed registration form to the retreat October 16th.

Thank you!