

Mindful Medicine Medical and Mental Health Providers 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 health care providers. 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 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, at home and between sessions. A commitment to participation for the entire weekend is expected for the benefit of integration and container building. 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 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 concerns about the class, please contact the instructors, before or after class by phone at: Laura Martin, LCSW, (503) 542-4378 or Denise Gour, LCSW, 503.860.1227. 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 Name (PLEASE PRINT)

Participant Signature

Date

Address

Date & Location

April 6, 7, 8, 2018

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, April 19th & May 3rd, 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, Program Director, Email, mindfulmedicinepdx@gmail.com (c) 503.318.7975 or

Email, Jeff Horacek, finasunriver@gmail.com

Website ~ www.mindfulmedicinepdx.org

What to Expect

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|---------------------------------------------------------------|-------------------------------------------------------------------|
| Didactic instruction on meditation and related brain science. | Walking Meditation |
| Body Scan Meditation | Listening and Seeing Meditation |
| Mindful Breathing Practice | Discussion of practice experiences among classmates |
| Mindful Eating Meditation | Information about the mind and body relationship to stress |
| Sitting Meditation | Participation in the group is <i>always</i> your personal choice. |

REFUND POLICY FOR MINDFUL MEDICINE

Early registration is encouraged, as enrollment may be limited. If canceling within 30 days of the retreat, a \$50.00 service fee will be charged and deducted from the original fee. If canceling within 15 days of the retreat, forfeiture of the entire retreat fee will incur, unless due a bonifide emergency. No refunds can be issued after the start date of the retreat. Should conditions warrant, the sponsors reserve the right to cancel this program with a full tuition refund.

Payment can be done through PayPal on the Mindful Medicine website. CME, food and materials inclusive.