**Meds Mindfulness Elective Sessions Outline 2016**

**Overview**

* Sessions will run Jan. 14th-Mar. 3rd, 2016 on Thursday evenings 5:45-7:15 pm. 8 sessions total.
* Sessions will be held in the MAA Lounge in MSB with videoconference to HSC 241 at MAM.
* The speaker will begin at 6pm. Students are asked to arrive by 5:45 to prepare and get settled so that the talk can begin promptly.
* Sessions should end at 7pm, with 15 minutes allotted for overflow or questions from students.
* **TBD:** Yoga may run from 7:00-7:45pm following sessions 5, 6, and 7 in block 2. We may also host a full-day retreat in late February on a Saturday. Details about these additions will be provided.

**Block 1**: Jan 14th – Feb 4th

**Theme**: Mindfulness and Us

* **Jan. 14th** – **Speaker TBA** – Introduction to mindfulness
* **Jan. 21st – Elaine Smookler** *(Writer, performer, and faculty at the Center for Mindfulness)* – What is the role of mindfulness for everyday life, especially for the busy student?
* **Jan. 28th – Gwen Morgan** *(Social worker and facilitator in Mindfulness Based Eating Awareness Training at the Centre for Mindfulness Studies)* – Understanding the concept of mindful eating.
* **Feb. 4th** – **Dr. Lee Freedman** *(Child Psychiatrist) –* Discussion of psychopathologies in children and adolescents, and the role of mindfulness as a therapeutic tool, followed by exercises taught to children in Dr. Freedman’s practice.

**Block 2:** Feb 11th – Mar 3rd

**Theme**: Mindfulness and Patient Care

* **Feb. 11th – Bill Gayner** *(Mental health clinician, Mount Sinai Hospital)* – Introduction to Recollective Awareness as a mindful technique and application to self-care and therapeutic care of patients.
* **Feb. 18th – Dr. Ted Robinson** *(Physician with special interest in chronic pain management and rehab medicine) –* Discussion of mindfulness applications to chronic pain management.
* **Feb. 25th – Dr. Monica Branigan** *(Palliative care specialist)* – Discussion of mindfulness in end of life care.
* **Mar. 3rd – Concluding Session** – Potluck, summary, and reflection on experiences from the elective.