



IQ FALL 2017 SCHEDULE

Dates: August 28-Dec. 6

For events on the WFU Reynolda campus, shuttles run every 15 minutes from the front door of BGCME to the Benson University Center. It is a short walk from there to Reynolda/Sutton gym.

Programs open to all WFSM faculty, staff, and students.			
Day	Time	Program	Location
Mondays <i>Starts Aug. 28</i>	4:30-5:30 pm	Meditation Group Sit	Reynolda Campus A330 Seminar Rm. Reynolds/Sutton Gym
Tuesdays <i>Starts Aug. 29</i>	2:00-2:30 pm - Sit 2:30-3:00 Q&A	Meditation Group Sit & Q&A	Innovation Quarter Wake Downtown 455 Vine, Room 1615
Tuesdays <i>Starts Aug. 29</i>	4:30-5:00 - Sit 5:00-5:30 Q&A	Meditation Group Sit & Q&A	Innovation Quarter BGCME, 3 rd Floor Multipurpose Room (Room 3221) inside Learning Communities (Rm. 320)
Wednesdays <i>Starts Aug. 30</i>	12:00-12:30 pm	Mid-Week Sit	Reynolda Campus A330 Seminar Rm. Reynolds/Sutton Gym
1st & 3rd Thursdays <i>Starts Sept. 7</i>	3:00-4:00 pm	“Mindfulness-Based Stress Reduction” (MBSR) Taster Sessions	Reynolda Campus A330 Seminar Rm. Reynolds/Sutton Gym
Saturday, Oct. 7th	2:00 pm – 5:00 pm	Mindfulness Fundamentals Retreat <i>How to Practice Meditation to Reduce Stress</i>	Reynolda Campus A330 Seminar Rm. Reynolds/Sutton Gym
Mindful Medicine (Pilot program limited to WFSM students)			
4 Weeks Every other Monday Sept. 25, Oct. 9, Oct. 23, Nov. 6	5:15-6:30 pm	Didactic & Experiential	Innovation Quarter BGCME 5 th Floor Flat classroom

Mindfulness-Based Stress Reduction “Taster” Session Topics:

Sept. 7 th	3:00-4:00 pm	<i>What is MBSR? & The Seven Foundational Attitudes</i>
Sept 21 st	3:00-4:00 pm	<i>Mindfulness Techniques: Focus & Awareness</i>
Oct 5 th	3:00-4:00 pm	<i>Mindfulness Exercises: The Breath & Body Scan</i>
Oct. 19 th	3:00-4:00 pm	<i>Mindfulness Exercises: Object Meditation & Mindful Eating</i>
Nov 2 nd	3:00-4:00 pm	<i>Mindfulness Exercises: Walking Meditation, Mindful Stretching & Yoga</i>
Nov 16 th	3:00-4:00 pm	<i>Awareness Exercises: Simply Watching & Urge “Surfing”</i>

Mindful Medicine

Overview:

The Mindful Medicine program is designed to improve student and community health and well-being. It consists of four, 75-minute classes that include both didactic learning and experiential practice. WFSM students can attend one or all of the classes. Students interested in obtaining a Mindful Medicine certificate will need to complete the certification requirements below.

Goals:

- Introduce WFSM students to the concept and practice of mindfulness
- Provide grounding in empirical research around mindfulness in medicine
- Teach mindfulness-based self-care practices
- Provide a safe space where students can develop connections with other WFSM students

Schedule:

Sept. 25	5:15-6:30 pm	<i>Core mindfulness skills and why mindfulness in medicine?</i>
Oct. 9	5:15-6:30 pm	<i>Mindfulness for anxiety and stress: Working with the body</i>
Oct. 23	5:15-6:30 pm	<i>Radical acceptance: Learning to be with what is</i>
Nov. 6	5:15-6:30 pm	<i>Interpersonal mindfulness: Cultivating compassion for self and others</i>

Mindful Medicine Certificate Requirements*:

1. Attendance at four, 75-minute didactic/practice sessions specifically designed to build mindfulness skills and knowledge of mindfulness in medicine.
2. Experimenting with informal "mini-mindfulness" practices between didactic/practice sessions
3. Discussion during didactic sessions of articles related to mindfulness in medicine
4. Attendance at three meditation "sits" either at WFSM or on the Reynolda campus
5. Brief reflection paper or art project to integrate the learning
6. Completion of pre- and post-training assessments to give us feedback

*Sessions will be taped for students unable to attend the classes. Students using taped sessions will be asked to summarize the sessions in their reflection paper. Contact Paige Greason Bentley to sign up for the taped offering. pbentley@wakehealth.edu

For more information

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