

Mind-Body Skills Groups for Organizational Health

Enhance Resilience and Build Community

Mind-body skills groups are educational, supportive groups that offer participants an opportunity to learn strategies of self-care and experience evidence-based techniques to enhance well-being and resilience. These groups are a practical, effective means that can be implemented in any organizational setting to mitigate burnout, enhance fulfillment, and strengthen community.

Experiential and integrative mind-body techniques, including meditation, guided imagery, autogenic training, breath work, awareness through movement, self-expression, nutrition, and mindful eating are taught in a supportive environment that promotes personality development through self-awareness and active listening. Participants share and connect with others creating a positive learning environment that supports individual and collective well-being.

This group series is based on the work of Dr. James Gordon, the founder of the [Center for Mind-Body Medicine](#)¹, who is world-reknowned for his use of self-awareness, self-care, and group support for healing. Mind-body skills groups have been proven to increase quality of life and decrease depression, anxiety, and sleep disturbance.^{2,3} They have also shown to decrease personal distress and increase empathy in medical students.⁴

We are offering mind-body skills groups for healthcare providers and healthcare providers in-training – students, residents, and fellows – at a promotional rate to support their well-being during the pandemic. Inquire for details.

These groups are particularly beneficial for healthcare providers who...

- ...are so busy caring for others that they haven't been able to care for themselves.
- ...want to improve their health and wellbeing, but have limited time and don't know where to start.
- ...are experiencing burnout and are looking to experience everyday life from a new perspective and learn more ways of stress relief.
- ...are looking for ways to enhance their own strength to continue caring for patients and their families.
- ...are looking for community, connection and hope.

Contact Jessica Singh, MD at wellness@sukhayu.life to learn more. She is happy to meet with you to discuss bringing mind-body skills groups to your organization. Dr. Singh completed emergency medicine training at the Yale School of Medicine



and is the first to complete the physician wellness fellowship offered through the Department of Emergency Medicine at Stanford University School of Medicine. She is the founder of Sukhayu Wellness LLC. *Sukh* means peace and joy and *ayu* means life in the Sanskrit language. The mission of Sukhayu Wellness is to promote the well-being of people at individual, community, and organizational levels in all aspects of life. Learn more by visiting www.sukhayu.life.

Program Includes:

- 2-hour weekly small group sessions over the course of 6, 8, or 10 consecutive weeks delivered online through Zoom
- 15 minute pre-group one-on-one introductory meeting with each participant
- Email information about the program will be given to your organization for dissemination for education and recruitment
- Weekly emails to participants with suggestions for home practice, suggested readings, and inspirational quotes
- 1 hour participant reunion session approximately 4-6 weeks after the group finishes
- Each participant will receive:
 - a hardcover copy of Dr. Gordon's book [*The Transformation: Discovering Wholeness and Healing After Trauma*](#)⁵ and a mind-body skills workbook
 - a pulse oximeter for the biofeedback activity
- Pre-group & post-group burnout assessments using Maslach Burnout Inventory and Areas of Worklife Survey with individualized reports, in addition to a six month follow-up assessment
- 15-minute presentation to leadership on program feedback of program with analysis of assessment results
 - Group report with infographic given

Enrollment Details:

- Participation is *voluntary*
 - Minimum: 7 participants/group
 - Maximum: 10 participants/group
 - Able to provide as many groups as needed
- No prior experience required
- Each participant is an important part of the group. Therefore, participants must join with a commitment to attend all of the sessions.
- This is not a therapy group. This is a supportive educational group with a facilitator who is an equal participant in the group.



Recommended for Education and Recruitment:

- 1 hour didactic explaining mind-body medicine, mind-body skills groups and benefits

Enhancements:

- Customized questions on assessments (questions can be edited as desired):
 - 1) What is one thing that the leadership can do to improve the workplace to provide better patient care?
 - 2) What is one thing leadership can do to improve your professional fulfillment?
 - 3) What is one thing leadership can do to improve your well-being?
 - 4) Have you had any thoughts of self-harm in the past 6 months?
 - The price of customization of assessments begins at \$600+ per group, depending on group size, number of groups, and desired customization.
- Organic fruit basket gift to each participant for the mindful eating & nutrition session
- One-on-one 45-minute session(s) of coaching, imagery, or yoga for each participant
- Collaboration for research
 - These groups provide opportunity for scholarly activity. We welcome the opportunity to collaborate for research.

Flexible Program Options

The format of the group enables participants to apply the skills they learn into their everyday lives, with group support. *The ideal duration of the program is 8 to 10 weeks.* However, we understand that healthcare providers are busy. There are flexible options available for either 6, 8, or 10 week programs.

6 Week Curriculum

Week 1: Overview of Mind-Body Medicine

Learning Objectives:

- To establish the integrity of the group
- To introduce mind-body medicine
- To use drawings for expression and self-exploration

Week 2: Biology of Mind-Body Medicine

Learning Objectives:

- To discuss the basic biology of mind-body medicine



- To understand and experience autogenics and biofeedback

Week 3: Meditation

Learning Objectives:

- To understand meditation in the context of mind-body medicine and self-care
- To experience a relaxed state of moment to moment awareness

Week 4: Imagery

Learning Objectives:

- To discuss and experience guided imagery

Week 5: Nutrition and Mindful Eating

Learning Objectives:

- To understand food as medicine
- To experience mindful eating

Week 6: Ceremony & Ritual

Learning Objectives:

- To discuss the use of ceremony and ritual
- Closing ceremony

8 Week Curriculum

Week 1: Overview of Mind-Body Medicine

Learning Objectives:

- To establish the integrity of the group
- To introduce mind-body medicine
- To use drawings for expression and self-exploration

Week 2: Biology of Mind-Body Medicine

Learning Objectives:

- To discuss the basic biology of mind-body medicine
- To understand and experience autogenics and biofeedback



Week 3: Meditation

Learning Objectives:

- To understand meditation in the context of mind-body medicine and self-care
- To experience a relaxed state of moment to moment awareness

Week 4: Imagery

Learning Objectives:

- To discuss and experience guided imagery

Week 5: Emotions - Dialogue

Learning Objectives:

- To mobilize and transform emotions and understand how they impact us
- To understand the use and benefits of dialogue to help access inner wisdom
- To dialogue with a symptom, problem, or issue

Week 6: Nutrition and Mindful Eating

Learning Objectives:

- To understand food as medicine
- To experience mindful eating

Week 7: Spirituality

Learning Objectives:

- To discuss spirituality in relation to mind-body medicine
- To explore the possibility for forgiveness and healing

Week 8: Ceremony & Ritual

Learning Objectives:

- To discuss the use of ceremony and ritual as a mind-body approach
- Closing ceremony

10 Week Curriculum

In addition to the 8 week curriculum, genograms are explored over the course of two weeks.



Genograms

Learning objectives

- To understand and experience the use of genograms as helpful tools for self-exploration and self-awareness

References:

- 1) The Center for Mind Body Medicine. <https://cmbm.org/>.
- 2) Isma, M. C., Jones, L. D., Staples, J. K., et. al. (2020). Mind-body skills groups for adolescents with depression in primary care: A pilot study. *Journal of Pediatric Health Care*, 34(5), 462-469.
- 3) Staples, J. K., Gordon, J. S., Hamilton, M., & Uddo, M. (2020). Mind-body skills groups for treatment of war-traumatized veterans: A randomized controlled study. *Psychological Trauma: Theory, Research, Practice, and Policy*.
- 4) van Vliet, M., Jong, M., & Jong, M. C. (2017). Long-term benefits by a mind-body medicine skills course on perceived stress and empathy among medical and nursing students. *Medical teacher*, 39(7), 710-719.
- 5) Gordon, J. D. (2019). *The Transformation: Discovering Wholeness and Healing After Trauma*. New York, NY: HarperCollins.

