



Mind-Body Skills Groups for Physicians & Physicians in Training

Enhance Resilience and Build Community

Content	Pages
Overview	2-3
Program Details	3-4
Curriculum	5-8

Mind-Body Skills Groups for Physicians & Physicians-in-Training

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 expanded upon and based on the work of Dr. James Gordon, the founder of the [Center for Mind-Body Medicine](#)¹, who is world-renowned 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

“When I was feeling down, Dr. Singh’s class was the fresh breath of air I needed.

As a medical student, I am no stranger to stress and engaging in unhealthy coping habits. However, I decided that in order to promote healthy lifestyle modifications among my future patients, I needed to make a change *myself*. Therefore, I decided to sign up for Dr. Singh’s mind body class which equipped me with long-life skills which I can plan on incorporating into my life, but also teaching to family, friends, and future patients.

Strategies such as soft belly breathing, expressive meditation, guided imagery, and dialogue journaling helped with my anxiety and feelings of low self-confidence. Dr. Singh’s lecture on nutrition equipped me with the knowledge and encouragement I needed to engage in healthier eating habits. I also greatly benefitted from the support and shared sense of community among our group.

Therefore, I highly recommend this class to anyone looking to make more *positive* and *sustainable* lifestyle changes.”

- Raya, Medical Student
(Mind-Body Skills Group Participant 2021)



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.

"A blessing in disguise....."

Attending Dr Singh's mind body group was a blessing in disguise as it happened at the most appropriate time of my life. The Covid Pandemic took a heavy toll on me and I found myself struggling to get back my peace and harmony.

Dr Singh's kindness, simplicity and her willingness to promote wellbeing was palpable right from day one. Her easy to implement yet powerful tools seem to work instantly. Her breathing techniques, autogenics, guided imagery, expressive meditations and various other tools to access the subconscious provide immediate relaxation and reveal the power of our mind.

I remember how her gentle guidance took me to an inner journey of Self-awareness making me realize that I am the author of my story and I can rewrite my story and live the life of my dreams.

Her one on one interaction with each member of the group was amazing where she patiently answered all the questions giving scientific explanations. After completing her group both my inner and my outer worlds were harmonized and I found my peace and truth. In other words I was transformed!!!"

~ N.Sajnani, MD., Internal Medicine
(Mind-Body Skills Group Participant 2021)

Program Includes:

- 2-hour weekly small group sessions over the course of 4, 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- & post-group burnout assessments using Maslach Burnout Inventory and Areas of Worklife Survey with individualized reports, in addition to a 6-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 provider assessments. Sample questions:
 - 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 enhance your professional fulfillment?
 - 3) What is one thing leadership can do to improve your well-being?
 - The price of customization of assessments depends 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 4-, 6-, 8-, or 10-week programs.

4-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: Nutrition and Mindful Eating

Learning Objectives:

- To understand food as medicine
- To experience mindful eating

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

Learn More

Contact Jessica Singh, MD at wellness@sukhayu.life to discuss bringing mind-body skills groups to your organization.

Dr. Singh completed emergency medicine training at the Yale School of Medicine, practiced as an emergency medicine attending, 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. Dr. Singh is a holistic coach and certified in Mind-Body Medicine by the Center for Mind-Body Medicine. Learn more by visiting www.sukhayu.life.

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.

