

Academic Fair Fall 2024

Mindbody Medicine Practices Fall 2024

Faculty: Dr. Mukti Khanna Clinical Psychology Faculty khannam@evergreen.edu

Credits -4 : Group Facilitation: Mindbody Medicine Practices

Class Level: Sophomore – Senior

Required Meeting Times:

Tuesday 3- 4:50 pm Remote

Thursday 3- 4:50 pm In person

Description

This course will provide an introduction to Mindbody Medicine practices that are being used systemically to help populations and communities restore resilience and hope following climate disasters, violence and conflict globally in diverse countries, education, health care and correctional departments based on practices developed internationally by Dr. James Gordon with the Center for Mindbody Medicine

(<https://cmbm.org>) and the Association for Comprehensive Energy Psychology Humanitarian Committee Resources for Resilience project

(<https://r4r.energypsych.org/>). The course will provide an introduction to evidence-based practice and applications of the biological underpinnings of mindbody medicine and integrative health, expressive art drawing, somatic movement, guided imagery, nutrition, genograms and finding purpose and meaning in health and recovery. Student work will include class participation, readings, working in an online learning platform on group counseling theory, group project developmental proposals and a reflective paper/creative response. The models presented in this class are applicable for future work in health education, disaster recovery, psychological first aid and health care settings. Students have the opportunity to deepen in group facilitation skills with live supervision.

This course is will repeat in spring 2024. Students who take this course in winter should not repeat the course in rping.

Books and Online Learning Platform:

Corey, M.S., Corey, G. and Corey, C. (2017). Groups: Process and practice (10th edition). Boston, MA. Cengage Learning with Mindtap.

You will need to have access to Mindtap purchased either through the College bookstore

Or Cengage. Com

Gordon, J. M.D. (2021). Transforming Trauma: The Path to Hope and Healing.
Harper One.