

Mind Body Medicine

SMART Program for Healthcare Practitioners

Stress Management And Resiliency Training

Voor praktijk van (huis)arts:

Patiëntselectie:

Selecteer patiënten die zich met een (chronische) klacht presenteren en die bereid zijn om naast reguliere therapie gedurende een achtweeks traject introspectie te doen naar onderliggende oorzaken van hun ziektebeeld en te werken aan meer veerkracht, volgens het wetenschappelijk programma van het Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital. Het doel is om via bewustwording patiënten een grotere rol toe te kennen in het genezingsproces, hetgeen het resultaat van de reguliere behandeling in belangrijke mate kan doen verbeteren. Dit is aangetoond met wetenschappelijk onderzoek. SMART is een evidence-based programma met een uniek, copyrighted curriculum. Om het SMART-programma te kunnen leiden, is het voor zorgverleners van groot belang om de training eerst zelf te volgen en ervaren. Dit is nodig om te kunnen begrijpen hoe de inhoud wordt gepresenteerd in een groepssetting, hoe de dynamiek is tijdens de sessies mede dankzij de interactie met de deelnemers. U leert van het observeren van de gecertificeerde zorgprofessionals die het wekelijkse programma aanbieden en wat de SMART-technieken u zelf te bieden hebben.

Na afloop van het programma heeft u zelf een goede indruk gekregen, welke Mind Body-technieken behulpzaam kunnen zijn in welke situatie. Zodoende is het mogelijk om 'personalized medicine' te kunnen aanbieden. Samen met de patiënt gaat u in gesprek om die aspecten te belichten, die leiden tot herstel en meer veerkracht en daarmee secundaire preventie.

8 weekly 3-hour sessions

Thursday 7 - 10 pm

Dates: 6, 13, 27 February, 5, 12, 19, 26 March 2020

Location: Thaborhoeve, Tirns (Friesland)

The program consists of the following three core elements:

1.) **Eliciting the Relaxation Response:**

Each session presents different techniques to elicit the RR, all of which involve sustained mental focus, often achieved by repeating a word, image, sound, prayer or phrase, and an attitude of open receptive awareness achieved by gentle disregard of thoughts

2.) **Stress Awareness:**

Throughout the course, we explore the five different ways in which stress affects us. We do this through a series of in-session and between-session exercises.

3.) **Adaptive Strategies:**

With a new foundation of stress awareness, we learn adaptive strategies to respond to potentially stressful situations. These strategies are grouped into four categories:

- a. Positive Perspectives
- b. Healthy Lifestyle Behaviors.
- c. Social Connectedness
- d. Reappraisal and Coping

SESSION 1 : Stress Management and Resiliency Training

Overview

The goal of this session is to help participants begin to understand how stress affects them, what their personal stressors are, and what resources they have to cope with stress. The session starts by providing an overview of the science of the stress response and the relaxation response, and the concept of resiliency. The overall process involved in building resiliency and its three essential elements is described. The session is closed by reviewing personal program goals.

Session Content

Setting group rules

The Science of Mind Body Medicine

- The stress response
- Allostasis and allostatic load
- The relaxation response

Break 20 minutes

Components of the SMART program

- Practicing RR techniques
- Stress awareness
- Adaptive strategies

Guiding the elicitation of the RR

Breath awareness

Introductions

The weekly Practice Note

Tips for Developing a Consistent Practice

In-Session Exercises

Body Awareness

RR Practice: Single-Pointed focus meditation

RR-Practice: Breath Awareness

Energy Battery

Between-session Practice

Complete the Practice Note

- RR Practice
- Daily applications
- Lifestyle behavior and social connectedness goals
- Symptoms Check-in

SESSION 2 : The Relaxation Response

Overview

In this session we present different ways to elicit the RR and develop the concept of "mini" RR-elicitation exercises. We deepen our understanding of the RR by practicing body awareness, and troubleshoot common problems in

eliciting the RR. We further explore the tendency to focus on negative emotions and physical sensations. We discuss how diminished sleep can be exacerbated by or promote stress and, conversely, how recuperative sleep can promote resiliency.

Review

Between-sessions practice
Weekly Practice Note
RR Practice

Session Content

A closer look at the RR

- Overview of methods to elicit the RR

Break 20 minutes

Recuperative sleep

- Sleep tips
- The sleep diary

The Mini

The Biodot

In-Session Exercises

RR Practice: Body Scan

Assessing your sleep

Identifying Emotions and Positive Physical Sensations

RR Practice: Minis

New Between-Sessions Practice Items

Biodot Awareness Exercise

Sleep diary

SESSION 3 : Stress Awareness

Overview

In this session, we continue to explore different ways to decrease stress reactivity, and we introduce the concept of stress awareness. We also develop awareness of stress-linked thoughts, emotions, behaviors, and physical experiences and introduce the concept of social support. We discuss the different types of social support, and we raise participants' awareness of what types of social support they have, give, and utilize.

Review

Weekly Practice Note and Appreciations

Minis

Biodot Awareness Exercise

Sleep Diary

Stress Scale

Session Content

Mindful Awareness

Break 20 minutes

Components of the Stress Response

- Physical
- Cognitive
- Emotional
- Behavioral
- Relational

Social Support

In-Session Exercises

RR Practice: Mindful Awareness Meditations

Mindful Eating

Stress Warning Signs

The Social Support Diagram

Mini of the Week: Mindful Body Awareness

New Between-Session Practice Items

New and Good

Mindful Awareness in Daily Living

SESSION 4 : Mending Mind and Body

Overview

In this session we examine how stress affects both the mind and the body. We begin by introducing a body-based RR technique: yoga. Then we introduce the concepts of negative automatic thoughts and thought distortions and later focus on adaptive strategies to cope with stress.

Review

Weekly Practice Note

New and Good

Mindful Awareness in Daily Living

Session Content

Awareness of Movement

- Awareness of Movement in Daily Living

Break 20 minutes

Negative Automatic Thoughts

Thought Distortions

In-Session Exercises

RR-Practice: Yoga

Mini of the Week: Walking Meditation

New Between-Session Practice Items

Coping Log, Part 1

List of Pleasant Behaviors

SESSION 5 : Creating an Adaptive Perspective

Overview

In this session we introduce guided imagery, which utilizes the imagination to evoke a sense of well-being and encourage insight. We continue to raise awareness of negative thoughts and introduce how to change negative perspectives to adaptive ones. We encourage ongoing reflection in order to create meaning from daily events that would otherwise have gone unnoticed. We discuss the value of purposeful engagement in pleasant behaviors and provide tips to remind participants to eat mindfully.

Review

Weekly Practice Note

Awareness of Movement/Moving Meditation

New and Good

Coping Log, Part 1

List of Pleasant Behaviors

Session Content

Guided Imagery

Coping Log, Part 2

Break 20 minutes

Healthy Eating

In-Session Exercises

RR Practice: Insight Imagery

Creating Adaptive Perspectives

Achieving Acceptance

Mini of the Week: Joyful Place Imagery

New Between-Session Practice Items

Stop, Breathe, Reflect, Choose

Food Pyramid

SESSION 6 : Promoting Positivity

Overview

We begin with a meditation that emphasizes the cultivation of positive, adaptive qualities such as kindness and love. Next, we expand our discussion of adaptive perspectives by exploring how expressing ourselves optimistically and pessimistically can influence resiliency and stress. We then look at the underlying fears that lead to pessimistic thinking. We address the importance of physical activity to stress reduction and health. Finally, we reflect on the experience of being in the RR to date, and how it contrasts with the experience of being in the stress response.

Review

Weekly Practice note

Coping Log

Stop, Breathe, Reflect, Choose

Food Pyramid

Session Content

How We Tell Our Stories: Optimism vs Pessimism

Break 20 minutes

Promoting Physical Activity

In-Session Exercises

RR Practice: Contemplation

Comparing Optimism and Pessimism

Relaxation Signals

Good, Bad, Routine

Mini of the Week: Contemplation

New Between-Session Practice Items

From Pessimism to Optimism

SESSION 7: Healing States of Mind

Overview

In this session we explore the practice of problem solving and acceptance as adaptive responses to stressful situations. We will examine the fears that may underlie our negative thinking. We will discuss the importance of creativity and will use poetry to demonstrate how creative expression and insight support adaptive responses.

Review

Weekly Practice Note

Good, Bad, Routine

Coping Log

From Pessimism to Optimism

Session Content

Coping Strategy: Problem Solving vs Acceptance

Creative Expression

Break 20 minutes

Empathy

In-Session Exercises

RR Practice: Loving Kindness

Root Fear

Poetry

Empathy/Mindful Awareness of Another

Mini of the Week: I Am ... At Peace

New Between-Session Practice Items

Practice Creativity

Letter to Self

Coping Log

SESSION 8: Humor and Staying Resilient

Overview

In this session, we learn how to use humor and imagination to enhance adaptive coping. We review the program content and reflect upon what participants have learned, what has been particularly helpful for them, and how they can achieve their "idealized selves", reminding them that imagery of idealized self is helpful. We end by teaching the important skill of using humor to enhance resiliency. We revisit the Energy Battery that we completed in our first session, and reflect on our current battery. We reinforce their use of setting goals in support of maintaining resiliency.

Review

Weekly Practice Note
Letter to Self

Session Content

Humor and Coping

- Laughter
- More Humor Strategies

Staying Resilient

- Tips for Staying Resilient

Break 20 minutes

In-Session Exercises

RR Practice: Idealized Self

Energy Battery, Take 2

Finding Humor in Your Life

Laughter

Review of Strategies

Mini of the Week: Tonglen

Program Review

Review of RR Practice Note

Review of Stress and Coping Logs

Review first Session Energy Battery