

Mind Body Medicine Seminar for TBI/PMR/NSG/Neurology

Individual Training: Interpersonal Neurobiology Neural Integration Skills from Dr. Siegel, Impact Forum 2017.

- **Who:** This Mind Body Medicine (MBM) Seminar is offered to all patients in the TBI, PMR, NSG and Neurology clinics to benefit from MBM Resiliency Skills training. The MBM Seminar teams are led by Mr. Ran Wittry, LCSW for Neurology/TBI clinics, and Mr. Michael Miller, a Neuropsychometrist. Both men are retired military who help those with combat, operational, medical and family stress injuries.
- **What:** This 7 week curriculum increases your awareness of stress signals and teaches evidence-based methods for using stress energy in your body, mind, heart and relationships to increase attention, focus, flexibility, memory, performance and grow beyond pain, insomnia, fatigue, fear, anxiety, worry, depression, irritability and isolation. Neuroplasticity--the growth of neurons, connections and new structures in the brain--is stimulated by mindfulness and guided meditations: Breath, body scan, heart focused breathing, imagery, Yoga, mantram repetition, positive psychology, cognitive restructuring for negative thinking, and social connection skills are taught with the "Military Meditation Coach" Podcast, Phone applications, YouTube videos & NMCS D MBM website with guided audios, videos & hyperlinks.
- **Where & When:** This is a 7-session seminar that meets weekly on Wednesdays, from 1200-1400. TEAM 29/30/31 will meet on Mondays. Check in at the NMCS D Neurology front desk, Bldg. 3, 2nd Floor.
- **Referral:** During your medical appointments your providers will offer to submit a referral for you to meet with Mr. Wittry. The provider will write a SW referral for "MBM Seminar." You will be called to schedule an individual intake and invited to enroll in the MBM seminar. See below. Participation is documented in medical record. You may contact Ran directly for an "Individual Introduction to MBM."
- **Questions:** Please contact Michael Miller with questions about the MBM Seminar at (619) 532-5684. Contact Ran Wittry, 532-6223, Randall.j.wittry.civ@mail.mil to complete the Seminar intake.

2019 DATES

JANUARY 2019	FEBRUARY 2019	MARCH 2019 (Wednesdays)	APRIL 2019 (Wednesdays)
01/03: NO SEMINAR	02/06: Team 26	03/06: NO SEMINAR	04/03: Team 27
01/10: NO SEMINAR	02/13: Team 26	03/13: Team 27	04/10: Team 27
01/16: Team 26	02/20: Team 26	03/20: Team 27	04/17: Team 27
01/23: Team 26	02/27: Team 26	03/27: Team 27	04/24: Team 27
01/30: Team 26			
MAY 2019 (Wednesdays)	JUNE 2019 (Wednesdays)	JULY 2019 (Mondays)	AUGUST 2019 (Mondays)
05/01: NO SEMINAR	06/05: Team 28	07/01: NO SEMINAR	08/05: Team 29
05/08: Team 28	06/12: Team 28	07/8: Team 29	08/12: Team 29
05/15: Team 28	06/19: Team 28	07/15: Team 29	08/19: Team 29
05/22: Team 28	06/26: NO SEMINAR	07/22: Team 29	08/26: Team 29
05/29: Team 28		07/29: Team 29	
SEPTEMBER 2019 (Mondays)	OCTOBER 2019 (Mondays)	NOVEMBER 2019 (Mondays)	DECEMBER 2019 (Mondays)
09/02: NO SEMINAR	10/07: Team 30	11/04: Team 31	12/04: Team 31
09/09: Team 30	10/14: NO SEMINAR	11/11: NO SEMINAR	12/11: Team 31
09/16: Team 23	10/21: Team 30	11/18: Team 31	12/18: Team 31
09/23: Team 30	10/28: Team 30	11/25: Team 31	12/25: NO SEMINAR
09/30: Team 30			

Mind Body Medicine Resiliency Skills

Naval Medical Center San Diego MBM Seminar Manual

Reduce **stress, suffering & pain** and improve **inner ease, healing, focus, memory, connections, performance & peace** by **training your MIND** to **regulate your arousal** & **steady your attention** with **MBM tools** and **positive Mindset**.

Where is
What is
What does it do

MIND?

Answers on video:

**“Mindfulness
and Neural
Integration”**

Dr. Daniel Siegel
Ted Talk
18 minute video

Wisdom
Awareness
Love Patience
Honor Courage
Commitment
Acceptance
Gratitude

Pain Stress
Anger Worry
Fatigue

“Where our attention goes, neural firing flows & neural connections grow!”

Transition from **Battle/Operational/Blast/Medical Stress Rhythm** through **“Wheel of Awareness”** to **Family/Work/Life Harmonious Rhythm** with:

(1) NMCS D’s **Mind-Body Resiliency Tools** for **regulating arousal** & **training attention**:
4 methods of Breath skills, 3 Body scans, Mindfulness, Heart-focused breathing, Mantram repetition, Yoga, Qigong, Sleep skills, Reflective writing, Positive psychology, Imagery, Cognitive Restructuring, Passage Meditation, Connections/Communications to/from Self, Others, Life/light/love/beauty.

(2) **Guided Meditations**: **“Military Meditation Coach”** PODCAST and at tiny.cc/mindbodymedicine
Smart Phone Guided Meditation APPs, FITBIT. **Videos** (on each slide) YouTube, TedTalks, drdansiegel.com