

Session 1: Orientation to Our Group



- Welcome
- Introductions to our teachers
- Overview of group
- Confidentiality
- Ground rules
- Introduction to Participant Manual
- Learning to check yourself in: weekly vitals
- What is Mindfulness Based Stress Reduction?
- What are Integrative Medicine Group Visits?
- Introduction to meditation
- Introducing ourselves
- Introduction of OWL
- Orientation to home practice assignments
- Recipe
- Healthy meal

Welcome to Integrative Medicine Group Visits!

Thank you for joining this innovative model of care. We are thrilled that you have joined us on this journey – one that will take you one step closer to wellness and provide you with lifelong tools of self-care.

As you know all too well, chronic pain and other illnesses take a huge toll on one's quality of life and one's ability to work, play, and do routine activities. Medication may help some, but often it does not give the relief or wellness that you may need or want. That is why we are working towards finding more safe and effective ways of treating these chronic conditions.

As you will learn in the coming sessions, this model of care is based around the principles and skills of Mindfulness-Based Stress Reduction (MSBR) and integrative medicine, a model of care which incorporates both traditional western medicine such as medications with proven and safe holistic models of care such as meditation, yoga, massage, acupuncture, and nutrition. You will be taught many tools here and will be given suggested practices to do at home.

By being in the ***Integrative Medicine Group Visits***, you have the chance to make a difference in the quality of your life. Although we cannot guarantee the result of all of the healing practices for you, we sincerely hope and believe it can be helpful for you. For you to receive the greatest possible benefit, we encourage you to commit yourself to coming to all the classes, practicing the tools at home, and filling out all the surveys.

Your commitment to these groups can also make a difference in the lives of thousands, even millions, of others. As we learn more about the effects of this innovative model of care on chronic conditions, we will hope to publish our results and hopefully positively impact how others in the U.S. and around the world with these chronic conditions are treated.

Thank you again for the time and energy you are committing to ***Integrative Medicine Group Visits***. Please feel free to contact the Group Visits Coordinator 919-445-6108, with any questions or concerns.

Sincerely,

Jessica Barnhill, MD
Integrative Medicine Group Visit Co-facilitator

Isabel Roth, DrPH, MS, RYT-200
Integrative Medicine Group Visit Co-facilitator

Aisha Chilcoat, ND
Group Visits Coordinator

Guidelines for Class/Group rules:

- Please arrive at least 15 minutes before the start of class.
- If you must miss a class or be late, please call the Integrative Medicine Group Visits Coordinator at **919-323-1873**.
- Maintain confidentiality by not repeating or discussing what is said in class with people who are not participating in the class.
- You are welcome to exchange contact information with other people in the group visit. We expect that you will respect each other's boundaries around type and frequency of contact outside of the group.
- Avoid taking notes during class; trust yourself to remember what's important. Copies of important documents are in your manual.
- If you're having trouble hearing what's being said, please ask the speaker to speak up.
- Please silence your watch and turn off your cell phone and pager.
- Making yourself as comfortable as possible is essential. Take off your shoes; find a comfortable place to sit. You can bring extra layers and/or blankets to keep warm. You can bring a pillow, if you'd like, or your own yoga mat. Please dress comfortably, in clothes that you can move in.
- Use your own good sense for bathroom/medication needs as there will not be scheduled breaks.
- Self-care is central to our practice. If something doesn't feel right for you, ease off, and feel free to speak with the facilitators of your group or the leaders of the session about any problems or questions that may arise.
- During class discussions, please do your best to listen with full attention.
- Please refrain from giving advice to other people in the class. You can speak about your own experience and what has worked for you.
- If class is cancelled due to weather or emergency we will contact you.

What is Mindfulness-Based Stress Reduction (MBSR)?

What is Mindfulness?

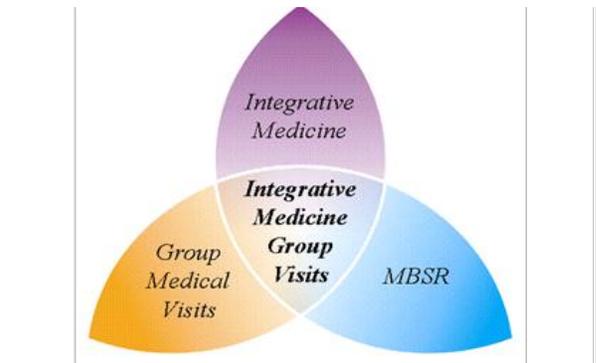
Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally. Practicing mindfulness can help us begin to develop a sense of curiosity and patience with our experiences, whether positive or negative. This is fundamental, since the present moment is the only time anyone has to learn, grow, and change (Kabat-Zinn, J., 1990).

What is Mindfulness-Based Stress Reduction (MBSR)?

MSBR is a formal eight-week program that was created by Jon Kabat-Zinn in 1979 and is in many hospitals around the country, and many more around the world. This program supports people with anxiety, depression, chronic pain, stress, and other medical conditions. We will learn about stress and explore our own physical, mental, and emotional patterns of behavior. We will also learn more mindful ways to communicate, and how to choose nourishing foods, behaviors and activities.

Potential benefits:

- ❖ Increased concentration
- ❖ Some people report experiencing a quieter mind, sense of balance, and enhanced well-being
- ❖ New ways to cope more effectively with our own conditions, like: pain, depression, and low energy
- ❖ Learn how to take better care of ourselves
- ❖ Many benefits of MSBR have been suggested by research, like: a reduction in pain, lowered blood pressure, and an improvement in mood and energy levels



What are Integrative Medicine Group Visits?

- ❖ The Integrative Medicine Group Visits (IMGVs) program is a 9-week clinical program that combines Mindfulness-Based Stress Reduction with health education and integrative medicine therapies.

Adapted from: University of Massachusetts Medical School, *Orientations* handouts Additional credit: Elisha Goldstein and Will Baum

Home Practice: Orientation

Just a Note:

Home practice is the opportunity to practice what you have learned in our weekly groups. Consistently practicing the tools that you learn in this program will help you add mindfulness and healthy living into your daily life. The IMGV website, “OWL”, can help you practice and review topics. Positive changes in your health and well-being will happen when you commit to practicing the tools you learn for at least 30 minutes every day.

MIND-BODY PRACTICE

- For the upcoming sessions, this section will include reminders for daily meditations, yoga, and body scan

DAILY LIFE PRACTICE

- For upcoming sessions, the “daily life practice” section will include suggestions of what you can do in your everyday life to continue the lessons you learn each week

MANUAL ACTIVITY

- This section will have links to worksheets to help you with certain topics each week

HEALTH TOPIC VIDEO

- You will find reminders to watch videos on OWL here. These videos are about 5 minutes and highlight the topics you talked about in class

Home practice for this week:



DAILY LIFE PRACTICE

- Tell people in your life that you are doing this course
- Notice how the weather affects your thoughts, sensation and emotions this week
- Dedicate a quiet and comfortable space in your home for the home practice each week

REFLECTIONS

- This week, you are encouraged to begin charting your vitals. You can watch any changes or improvements in pain and general health that may occur over the next few months.

Spiced Lentils and Brown Rice

Serves 4

****This dish costs under \$5 to make and uses the spice turmeric, which helps reduce inflammation.****

Ingredients:

2 cups lentils (any kind you want! The orange lentils cook the fastest.)
1 tbsp olive oil
1 onion, finely chopped
1 tsp cumin seeds
1 tsp black mustard seeds
1 tsp turmeric powder
2 cloves garlic, finely chopped
1 green chili, finely chopped
½ inch ginger root, finely chopped
salt and pepper
1 cup uncooked brown rice

Recommended sides:

- ✓ Steamed broccoli or zucchini

Tools:

- ✓ 1 Large and 1 small pot
- ✓ Mixing spoon
- ✓ Cutting board and knife for dicing garlic, chili and ginger root

Preparation:

To cook rice:

1. Measure 2 cups of water and 1 cup brown rice into a pot. Cover and bring to a boil. Once boiling, lower heat to a simmer and cook covered for 35-45 minutes or until all water has been absorbed.

To cook lentils:

1. If you're using larger lentils (like chana dal, French lentils, or split mung beans), soak them for 30 minutes to start. If you're using the small orange lentils, then don't bother soaking them; they cook very quickly.
2. Pour olive oil into a saucepan on medium heat. Add the onion and let it cook for 1 minute, then add the cumin and mustard seeds and stir them around with the onions until they sizzle.
3. Toss in the turmeric powder, garlic, and chili and cook for 3 to 4 more minutes. Add the ginger root and stir fry quickly for about 30 seconds.
4. Add the lentils along with enough water to cover them, then place a lid on top. Let everything cook for 20 to 45 minutes, or until the lentils are tender.
5. Taste the lentils and add salt and pepper. You'll probably need a fair bit of salt to bring out all the flavors—a teaspoon or so.
6. If you have them available, top the dish with a dollop of plain yogurt and some chopped fresh cilantro.



Image credit: www.leannebrown.ca/good-and-cheap.pdf

Adapted from: Leanne Brown's free cookbook [Good and Cheap](http://www.leannebrown.ca/good-and-cheap.pdf)
www.leannebrown.ca/good-and-cheap.pdf

