OREGON HEALTH & SCIENCE UNIVERSITY

Mindful Yoga for Chronic Pain

September 22-28, 2019

Q: How much does the program cost?

A: Students who sign up for the program by the early registration deadline of September 1, 2019 will receive the reduced rate of $1550. The regular cost for the program is $1750.

Q: What is the cancellation policy?

Registration can be canceled at any time up to 14 days prior to the start date of the program for a full refund of the payment less a 10% administration fee. The 10% administration fee is determined based on the full tuition of the program. If registration is canceled within 14 days of the start of the program, the entire payment will be forfeited.

Q: When does the program start and end?

A: The program will begin on Sunday, September 22 at 9am and end on Saturday, September 28 at 4:00pm. Please arrive between 8:30 and 8:45 for registration on the first day.

Q: What is the daily schedule?

A: We will meet each day from 9am to 5:00pm with a 75 minute break for lunch. There will be one day midweek that we will meet for only half a day. Students will be asked to practice strategies on their own and report back to group.

Q: Are meals included?

A: No, we will break for lunch.

Q: What will I learn in this training?

A: Our goal is to help yoga instructors integrate knowledge gained from modern medicine’s evidence-based science with the ancient wisdom, experience and tradition of Yogic teachings. Areas we will cover include:

How to safely and effectively teach yoga-based practices to people living with chronic pain

Overview of the diagnosis, symptoms, treatments, and prognosis of common chronic pain conditions

Evidence-based modules for chronic pain-related challenges

Tailoring asana and pranayama to specific symptoms

Principles of Mindful Yoga

Contexting yogic principles for people from various faith traditions

Effective and clear ways of presenting models of stress

Guidance for working with the mind in meditation

Partnering with the medical community

Group facilitation skills

Q: What credentials will I have upon successful completion of the program?

A: Students who successfully complete this 7 day training program will earn a Certificate of Completion in Mindful Yoga for Chronic Pain. This certificate is a central qualification for people interested in becoming a certified teacher of this program.

A person may be certified in Mindful Yoga for Chronic Pain teacher by Jim and Kimberly Carson if she or he is determined - by Jim and Kimberly Carson - to satisfactorily meet all the following criteria:

(a) has an established (minimum of 6 months) and mentored (with Jim and/or Kimberly bi-monthly via email) practice of the meditations taught in this program;

(b) completes a second level training with Jim and Kimberly to develop appropriate skills in group facilitation relevant to the Mindful Yoga protocol (petitions for waiver may be allowed in certain situations);

(c) has demonstrable group facilitation skills and experience;

(d) has completed this Mindful Yoga for Chronic Pain Teacher Training course;

(e – for yoga teachers) is a competent hatha yoga teacher with ample experience working with special populations (minimum 2 years teaching general populations and 1 year teaching medical populations);

(f – for PTs) is currently licensed to offer Physical Therapy services in their home state/country;

(g) successful offering of Mindful Yoga 8 week cycle recorded and reviewed by Carsons.

Q: How will the program be structured?

A: Each day will involve a balance of lectures, meditation practice, movement, small group work and discussions.

Q: How many Yoga Alliance continuing education credits (CEUs) will students earn?

A: Students will have an opportunity to earn a total of 50 CEUs with Yoga Alliance.

Q: How many PT continuing education units (CEUs) will students who are PTs earn?

A: Students who are PTs, will have an opportunity to earn a total of 50 CEUs with the State of Oregon PT Licensing Board.

Q: What does the mentored practice involve?

A: Under the mentorship of the program directors, students will explore the daily practice of meditation on simple being and have opportunities to share their observations and ask questions concerning the practice so that their teaching comes out of direct, personal experience.

Q: What kind of housing is available for out-of-town students?

A: The Residence Inn Portland Downtown/RiverPlace has rooms from $219-$339 for studio suites and two bedroom suites. This is the hotel where the venue will take places. Please give them a call to get the most up to date rate at 503-552-9500. You do not need to stay at this hotel to attend the conferences.

Q: Who are the program co-directors?

A: Jim Carson, PhD, a long time student of Swami Muktananda, is a former yogic monk who has taught the practices and philosophy of yoga worldwide for over 30 years. Now a clinical health psychologist at Oregon Health & Science University, Jim is applying his expertise to the development and evaluation of meditation-based clinical treatments. While Jim was on faculty at Duke, he and Kimberly developed the Mindful Yoga program and completed research trials with metastatic breast cancer patients and with survivors of early stage breast cancer. During his tenure at OHSU, a successful research trial has been completed using Mindful Yoga for fibromyalgia. Jim and Kimberly together developed the first mindfulness program for couples as well as the first loving-kindness meditation program for medical patients.

Kimberly Carson, MPH, C-IAYT, E-RYT is a health educator and yoga therapist specializing in the therapeutic use of yoga for people with medical and/or physical challenges. She is a graduate of yoga teacher training programs at the Kripalu Center for Yoga and Health, iRest, Integral Yoga, and Yoga of the Heart as taught by Nischala Devi. Kimberly has developed and taught yoga and meditation programs researched at OHSU and Duke University Medical Center. Kimberly co-directs the Integrative Yoga for Seniors teacher training and Mindful Yoga for Cancer offered through Duke Integrative Medicine. She currently lives in Portland, Oregon, where she teaches at Oregon Health & Sciences University and serves as a consultant on a large NIH research trail integrating yoga and mindfulness into coping skills protocols for opioid-dependent chronic pain sufferers.