Course Director:
Kristin S. Vickers Douglas, Ph.D., ABPP, LP

Mayo Faculty
Bridget Biggs, Ph.D., ABPP, L.P.
Matthew M. Clark, Ph.D., ABPP, L.P.
Julia R. Craner, Ph.D.
Karen Grothe, Ph.D., ABPP, L.P.
Shawna L. Ehlers, Ph.D., ABPP, L.P.
Jamie L. Friend
Cesar A. Gonzalez, Ph.D., ABPP, L.P.
Jarrod M. Leffler, Ph.D., ABPP, L.P.
Eleshia J. Morrison, Ph.D., L.P.
Jennifer S. Packard, M.A.
Nolan W. Peterson
Jordan Rullo, Ph.D., L.P.
Daniel E. Rohe, Ph.D., L.P.
Craig N. Sawchuk, Ph.D., L.P.
Jeffrey S. Smigielski, Ph.D., ABPP, L.P.
Brooke L. Werneburg
Friday, April 29, 2016

7:30 a.m. Registration and Breakfast

8:15 Welcome and Introduction to a New Mayo Clinic Course
*Kristin S. Vickers Douglas, Ph.D., ABPP, LP*

8:45 Science Informing Wellness Approaches: What’s New and Not At All New
*Julia R. Craner, Ph.D.*

9:15 Wellness Behavioral Science Research from Mayo Clinic
*Matthew M. Clark, Ph.D., ABPP, L.P.*

9:45 Wellness with Pain: Mind Body Pain Management
*Eleshia J. Morrison, Ph.D., L.P.*

10:15 Break: Walk/Talk/Think/Stretch/Move

10:30 Sexual Health, from a Wellness Perspective
*Jordan Rullo, Ph.D., L.P.*

Single Slide Learning Blast

11:00 Wellness and Weight
*Karen Grothe, Ph.D., ABPP, L.P.*

11:30 Wellness for Families
*Bridget Biggs, Ph.D., ABPP, L.P.*

Single Slide Learning Blast

12:00 p.m. Lunch (On Your Own)

1:00 Breakout (choose 1)

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<td>Practical Application of N.E.A.T.</td>
<td>Self-compassion Science and Practice</td>
<td>Try it out: Mindfulness and Gentle</td>
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2:00 Break: Walk/Talk/Think/Stretch/Move

2:15 Breakout (choose 1)

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3:15 Walk/Talk/Think/Stretch/Move

3:30 Question and Answer; Synthesis
*Kristin S. Vickers Douglas, Ph.D., ABPP, LP*

4:00 Learn from Each Other and Reception
**Saturday, April 30, 2016**

7:30 a.m.  Breakfast  

8:15  Welcome and Goal-Setting Science to Practice  
*Kristin S. Vickers Douglas, Ph.D., ABPP, LP*

8:45  Positive Psychology Science and Practice: People and Approaches to Know  
*Daniel E. Rohe, Ph.D., L.P.*

9:15  Wellness with Illness  
*Shawna L. Ehlers, Ph.D., ABPP, L.P.*

9:45  Overcoming Fear and Avoidance  
*Craig N. Sawchuk, Ph.D., L.P.*

10:15  Break: Walk/Talk/Think/Stretch/Move  

10:30  Healthy Body, Healthy Mood: Strategies for Teens  
*Jarrod M. Leffler, Ph.D., ABPP, L.P.*  
Single Slide Learning Blast

11:00  Brain Wellness and Aging  
*Jeffrey S. Smigielski, Ph.D., ABPP, L.P.*

11:30  Wellness for You, as You Help Others be Well  
*Kristin S. Vickers Douglas, Ph.D., ABPP, LP*  
Single Slide Learning Blast

12:00 p.m.  Lunch (On Your Own)

1:00  Breakout (choose 1)

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2:00  Walk/Talk/Think/Stretch/Move

2:15  Breakout (choose 1)

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3:15  Break: Walk/Talk/Think/Stretch/Move

3:30  Question and Answer; Synthesis (Vickers Douglas)

4:00  Thank you and Dismiss
Single Slide Learning Blast Topics:

• Breathing science and what you can do in a few minutes (Werneburg)
• Stand up for wellness (Peterson)
• Consider the individual within larger context (Gonzalez)
• TBD based on attendee interest