

# *Beat the Odds*

Retreat Schedule\*  
May 26<sup>th</sup> to May 30<sup>th</sup> 2013

## **Sunday, May 26<sup>th</sup>**

- 1:00 pm – 1:45 pm: Registration of patients and support persons
- 1:00 pm – 1:45 pm: Session for **Trainees** only
- 2:00 pm – 5:45 pm: Introduction, Orientation, Program overview.  
Increasing joy & vitality, dealing with stress & fatigue  
Understanding and Resolving Emotional Pain (Belief Work)
- 6:00 pm – 6:45 pm: **Dinner**
- 7:00 pm – 8:30 pm: Imagery in Healing: Transforming Fear into Peace of Mind
- 8:30 pm – 9:00 pm: Session for **Trainees** only – review of practical applications of presented concepts

## **Monday, May 27<sup>th</sup>**

- 8:00 am – 8:45 am: **Breakfast**
- 9:00 am – 11:45 am: Healthy Hope vs. False Hopelessness.  
Addressing the Spiritual/Existential Dimension of Life.
- 12:00 pm – 1:00 pm: **Lunch**
- 1:00 pm – 2:30 pm: Time for individual/family sessions and homework
- 2:30 pm – 5:45 pm: Meaning of Illness, Patterns of Stress, Benefits of Illness (**homework due**)
- 6:00 pm – 6:45 pm: **Dinner**
- 7:00 pm – 8:30 pm: Integrative Medicine: Vital Energy Work - Qigong
- 8:30 pm – 9:00 pm: Session for **Trainees** only – review of practical applications of presented concepts

## **Tuesday, May 28<sup>th</sup>**

- 8:00 am – 8:45 am: **Breakfast**
- 9:00 am – 11:45 am: Integrating Life and Death, Resolving Fear of Death to Increase Energy for Life
- 12:00 pm – 1:00 pm: **Lunch**
- 1:45 pm – 2:15 pm: Session for **Trainees** only: Practice in presenting the basic concepts
- 1:00 pm – 2:30 pm: Time for individual/family sessions and homework
- 2:30 pm – 5:45 pm: Resolving Common Negative Emotions (fear, worry, anger, resentment, guilt)  
Emotional Re-Learning, Unconditional Self-Acceptance (USA)
- 6:00 pm – 6:30 pm: **Dinner**
- 6:30 pm – 8:30 pm: Beat the Odds Alumni Gathering**
- 7:00 pm – 8:30 pm: Integrative Medicine: Creative Expression and Play **Drumming Circle**.
- 8:30 pm – 9:00 pm: Session for **Trainees** only – review of practical applications of presented concepts

## **Wednesday, May 29<sup>th</sup>**

- 8:00 am – 8:45 am: **Breakfast**
- 9:00 am – 11:45 am: Resolving Interpersonal Stress: Communication and Support (**homework due**)
- 12:00 pm – 1:00 pm: **Lunch**
- 1:45 pm – 2:15 pm: Session for **Trainees** only: Practice in presenting the basic concepts
- 1:00 pm – 2:30 pm: Time for individual/family sessions and homework
- 2:30 pm – 4:30 pm: Health Plan: (nutrition, play, exercise, creative thinking, purpose, social support)
- 4:45 pm – 5:45 pm: The Science of Laughter and Play in Healing  
Integrative Medicine: Laugh Your Cancer Off
- 6:00 pm – 6:45 pm: **Dinner**
- 7:00 pm – 8:30 pm: Integrative Medicine: Deep Muscle Relaxation and Imagery

## **Thursday, May 30<sup>th</sup>**

- 8:00 am – 8:45 am: **Breakfast**
- 9:00 am – 11:45 am: Mind-Body Symptom Management (pain, fatigue, nausea, shortness of breath)
- 12:00 pm – 1:00 pm: **Lunch**
- 1:00 pm – 2:30 pm: Time for individual/family sessions and homework
- 2:30 pm – 5:45 pm: The Science of Beating the Odds, Integrating BTO with daily life
- 5:45 pm – 6:00 pm: Conclusion of the retreat

\*Schedule is subject to change