**HIP Engagement Classes, Fall 2019**  
*All Engagement Classes are STAP and EA fund eligible*  
[hip.stanford.edu](http://hip.stanford.edu)

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**Enhancing Resilience by Cultivating a Contemplative Lifestyle**  
Tia Rich  
Tuesdays  
10/22/2019 – 11/12/2019  
5:30 pm – 6:30 pm  
Location TBD  
$70

You can develop daily lifestyle habits that promote the resilience-building benefits of contemplative practices. Resilience is the ability to efficiently bounce back after hard times and adapt well to change, and more importantly, to learn from both. Resilience increases a person's capacity to manage stress, deal with difficult feelings, and effectively handle whatever comes their way. Thus, resilience supports professional excellence.

Fifty years of research has shown that resilience can be enhanced by contemplative practices such as mindfulness, self-compassion, breathing, reflection, quieting the thinking mind through gentle movement, gratitude, journaling, awareness-awakening nature walks, and experiencing membership in something larger than your individual life.

This 2-session workshop, in conjunction with Stanford's 2019 Contemplation By Design (CBD) Summit, October 29 - November 7, will equip you with tools from the science of behavior change for creating or strengthening your contemplative lifestyle routine. Enjoy developing a personal resilience-building lifestyle action plan during these two 1-hour sessions. Learn ways to deepen and enhance your engagement with the numerous contemplation-related opportunities offered in the CBD Summit and thus maximize the benefits you receive from the free Summit sessions you attend.

Separate registration in four of the free Contemplation By Design summit sessions is required as part of this class. Please register for your choice of [Contemplation by Design Summit sessions](http://contemplation.bydesign.stanford.edu).

Instructor: Tia Rich, PhD, is the founder and director of Contemplation by Design and the manager of resilience, stress management, and contemplative practices at the Stanford Health Improvement Program.

Note: Classes not held on 10/29/1019 and 11/5/2019

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**Equine-imity - Stress Reduction In the Company of Horses**  
Beverley Kane, MD  
Thursdays
Do you wonder what it means to be "healthy as a horse?" This 4-week course uses the horse-human relationship to enhance our ability to breathe deeply and relax, to self-regulate our emotions, and to apply other stress relief techniques. Horses help us develop these skills through their magnificent strength, grace, and reading of body language. They teach us to use all our senses plus breath and movement to release stress, heal, and invigorate the body. Using techniques from mindfulness meditation, tai chi, qigong, yoga, Reiki, and nature-based therapy, you will learn to ground, center, and relax by touching and breathing with horses.

The Harvard Medical School Guide to Tai Chi cites medical studies showing the value of tai chi and qigong on long-term stress reduction and improvement in cognitive function. Horse-assisted somatic or "of the body" learning, in combination with daily practices offered in class, will help you establish a lasting and healthy integration of your physical movements and senses with your intellect, emotions, and intuition. The course includes 4 class sessions plus 1 individual private session. No horse experience needed.

Instructor: Beverley Kane, MD, is a family medicine physician and equine-assisted learning specialist on the faculty of Stanford Medical School. She will be assisted by Robin Murphy, a PATH-certified therapeutic riding instructor, with extensive experience in teaching adults and children.

**Hear Your Heart Speak with Embodied Storytelling**
Lisa Chu, MD
Tuesdays
10/08/2019 – 11/12/2019
12:00 pm – 1:00 pm
Stanford Redwood City, Cardinal Hall
505 Broadway, Room 145
$200

Can finding and telling your own story be an act of wellness and healthy transformation? Research has shown that expressing our deeply held stories through language and other creative modalities can improve immune system and lung function, diminish psychological distress, and enhance relationships and social role functioning. Come and explore your own expressions in this introduction to embodied storytelling.

In this 6-week class, you will engage in playful, creative, interactive exercises using your whole body, mind, and soul in vocal sound, movement, imagination, and listening, all in a supportive environment.
At the end of the course, you will be able to engage in multiple modes of expression such as speaking, movement, sound, and gesture in telling stories of personal significance. You will also learn ways of witnessing and supporting others in a creative process, learn specific practices for engaging in playful creative expression, and personally experience the energy, resilience, and healthy transformation that can come through storytelling.

Instructor: Lisa Chu, MD, is a multidisciplinary artist, performance creator, and SoulBodyMind life coach. She enjoys encouraging people of all ages to recognize and explore their own creative potential, which she herself has explored through research and practice at the intersection of expressive arts and healing for the past decade and performing arts and teaching for the past 3 decades.

How to Avert and Resolve Conflicts to Cultivate Healthy Relationships

Donnovan Yisrael, Farshid Oshidari
Saturday
11/09/2019
9:00 am – 4:00 pm
Kingscote Gardens
419 Lagunita Drive, Suite 110
$200

Interpersonal conflict can be a significant source of stress. By implementing positive psychology tools and concepts, you can learn to proactively avoid pitfalls and responsively resolve conflicts, resulting in reduced personal anxiety and enhanced, more meaningful relationships.

In this 1-day course, we will discuss, practice, and apply evidence-based positive psychology concepts and tools, including meditation, mindfulness, presence, empathy and compassion for yourself as well as others, emotional and social intelligence, gratitude, forgiveness, and nonviolent communication. You will learn to effectively assess and resolve conflict, whether it’s just brewing, acute, or on-going.

Equipped with a strong, positive psychology skillset, your awareness will increase, as well as your ability to regulate the thoughts, emotions, mindsets, and language that impact the health and quality of your most valued relationships.

The skills learned in this course can benefit most interpersonal relationships, including married couples, romantic partners, siblings, parents and children, relatives, friends, colleagues, roommates, and others.

Instructors: Donnovan Somera Yisrael, MA, is the senior health educator for Well-Being at Stanford and a grief educator/facilitator with Kara in Palo Alto, bringing a positive psychology and emotional intelligence perspective to all his teaching.

Farshid Oshidari is a lecturer with the LifeWorks Integrative Learning Program at Stanford. He has been involved in the development and teaching of positive psychology academic courses.
related to wellness for Well-Being at Stanford, Continuing Studies, the Graduate Summer Institute, and LifeWorks programs.

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**Life's Purpose Workshop: Exploring Purpose for Health, Happiness, and Longevity**

Jayna Rogers  
Fridays  
11/01/2019 – 11/22/2019  
12:00 pm – 1:30 pm  
Location TBD  
$200

Do you ever feel a need for greater professional or personal fulfillment? In the past few decades, studies on longevity have shown that people who live a “purpose-driven life” not only find more meaning and fulfillment, but are also healthier and happier. In this 4-session workshop, we will take a methodological approach to understanding the importance of purpose, finding your purpose and putting it in the driver’s seat for living a healthier and more fulfilled life.

Join us, as we:
- Identify the health benefits of having purpose in life
- Recognize and prioritize our values
- Define the positive impact of value-based behaviors on health
- Uncover our personal passion and talents/gifts
- Align our values, passions, and gifts with purpose

By the end of class, you will have developed your own Purpose Statement and be ready to implement a plan of action for living a healthy, more purpose-driven life.

Instructor: Jayna Rogers, MPH, is a Health Education Manager for the Health Improvement Program and the BeWell Employee Incentive Program Workshop Coordinator. She has been a health educator and researcher for Stanford School of Medicine for 20 years in the areas of chronic disease self-management, and smoking cessation.

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**Mindfulness-Based Stress Reduction (MBSR)**

Mark Abramson  
Tuesdays, 09/24/2019 – 11/12/2019, 7:00 pm – 9:30 pm  
Saturday, 11/02/2019, 9:00 am – 5:00 pm  
Li Ka Shing Center for Learning and Knowledge  
291 Campus Drive, Room 130  
$330

*Co-sponsored with the Stanford Center for Integrative Medicine.*

It has been known for centuries in the meditative traditions, and is now widely accepted in Western culture, that the sustained practice of mindfulness meditation can have profoundly healing and transformative effects on one's life.
This 8-week class is modeled on the program taught at the UMass Stress Reduction Clinic and will focus on mindfulness meditation to help you gain a new understanding of how stress affects your life and how life can be lived more fully. Included in the class fee is the text Full Catastrophe Living by Jon Kabat-Zinn.

Instructor: Mark Abramson, DDS, the founder and facilitator of Mindfulness-Based Stress Reduction programs at Stanford. He has practiced dentistry in the Bay Area for more than 30 years, specializing in the treatment of chronic pain and temporomandibular disorders.

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**Tending Your Fall Garden**
Anna Lee
Mondays
10/07/2019 – 10/28/2019
5:30 pm – 7:00 pm
O’Donohue Family Educational Farm
Oak Road, Palo Alto
$200

*This class is co-sponsored with the School of Earth, Energy & Environmental Sciences.*

Plant your winter garden this fall! Gardening provides a wholesome activity that promotes the health of both mind and body. Experiencing the contemplative activities of gardening and interacting with nature can help one to relax, unwind, reflect and restore. And not least, gardening nourishes us with fresh vegetables and fruits.

Join us in this 4-session class at the O'Donohue Stanford Educational Farm at this very transitional time of the year where we can still enjoy and be inspired by autumn's bounty around us while we prepare the soil and ourselves for another healthy season.

You will learn how to grow winter vegetables and about crop rotation throughout the seasons to maintain healthy garden beds as well as how to enhance the harmonious experience of connecting with nature by practicing mindfulness in the garden.

Instructor: Anna Lee is a PhD student in the Emmett Interdisciplinary Program in Environment and Resources. She is a master composter for San Mateo County and holds an advanced certificate in ecological horticulture from the Center for Agroecology and Sustainable Food Systems at UC Santa Cruz and an MS in agroecology from the University of Wisconsin, Madison.

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**Traditional Oriental Medicine Self-Care Principles and Practices**
Luca Moschini
Saturday
10/05/2019
9:00 am – 5:00 pm
This practical introduction to the ancient wisdom of Traditional Oriental Medicine (TOM), also often called Traditional Chinese Medicine (TCM), is a 1-day workshop in which knowledge and practical self-care skills are cultivated for the purpose of improving and strengthening the healing potential of your body.

You will learn basic TOM, including theories of qi, yin and yang, the 5 elements, and acupuncture meridians and apply them during practices of acupressure and qigong movement. At course completion, you will be able to use acupressure points and movement patterns to influence the physical and emotional health of specific organ systems of your body. You will also be able to apply qigong breathing techniques to your daily activities in order to relax, improve your mental clarity, and emotional awareness. The power of healing is in your hands.

Instructor: Luca Moschini, Dipl. ABT (Asian Bodywork Therapy), is the founder and head instructor of Dashen® Foundation of acupressure and qigong training. He has a private practice in Mountain View, CA, and is a former faculty member of Five Branches University of Acupuncture and Traditional Chinese Medicine in San Jose.

Weight Management: Starting the Journey
Debbie Balfanz, PhD
Wednesdays
10/16/2016 – 12/11/2019
5:30 pm – 7:00 pm
Psychiatry Building
401 Quarry Road, Room 1211
$250

This 8-week program will help you take the first steps in the process of changing life-long habits related to nutrition, physical activity, weight management, and stress management. Through setting and implementing small goals around lifestyle practices, you will begin to see sustainable improvements in your health, enjoy improved interpersonal relationships, and experience increased effectiveness at work.

Each class will consist of individual health behavior goal setting, group discussion, and activities. All interested individuals are required to engage in a short phone call with the facilitator before registering to ensure that the class is the right fit for them.

Facilitator: Deborah Balfanz, PhD, is the group behavior change program manager for the Stanford Health Improvement Program and has been helping individuals make sustainable lifestyle changes since coming to HIP in 2002.
Wisdom Therapy - All We Need Is Love, and Wisdom
Shani Robins, PhD
Saturday
10/12/2019
9:00 am – 5:00 pm
Lathrop Library
518 Memorial Way, Room 299

Relationships are beautiful, wonderful, and challenging! Developing life skills to love well and be happy can help us to enhance relationships, well-being, and avoid suffering.

In this 1-day course, we will learn about and practice wisdom skills that have scientifically been found to enhance love and relationships. Skills such as mindfulness, emotional intelligence, empathy, compassion, gratitude, ego transcendence, and openness to experience have been empirically established as critical to having positive relationships. Other skills such as forgiveness and humor will also be presented and applied. Using multi-media visuals, short films, jokes and engaging activities this course is designed to be fun and practical.

Instructor: Shani Robins, PhD, is a licensed psychologist, a National Institute of Mental Health fellow, and pioneered the field of Wisdom Therapy. He is the founder and president of the Wisdom Therapy Institute.

Better Choices, Better Health - Digital Health Conditions Self-Management Program
Start Anytime
Your Computer/Device
$270

This 6-week online workshop, also known as the Chronic Disease Self-Management Program (CDSMP), is ideal for individuals with ongoing and persistent health conditions. The safe and anonymous online workshop is designed to help people feel better, manage symptoms, and gain confidence in their ability to lead active and purposeful lives.

Developed and evaluated at Stanford 20 years ago, Better Choices, Better Health is now offered online. Participants join a workshop of 25 to 30 other people with long-term health conditions, and can expect the workshop to begin within 1 to 2 weeks after signing up. At their convenience, participants access weekly lessons that support them with healthy eating, exercise planning, communication skills, dealing with frustration, fatigue, and pain, making informed treatment decisions and other disease-related problem solving. Trained facilitators, also living with long-term health conditions, guide participants in setting small, achievable goals with an Action Planning tool.

As participants give and receive support, their shared success builds the kind of confidence proven to facilitate lasting positive changes. Each participant in the workshop receives a copy of the companion book, Living a Healthy Life With Chronic Conditions and access to the program’s alumni community upon completion.
Kurbo - Simple "Traffic-Light" Weight Loss Program
Start Anytime
Your Computer/Device
$250

Kurbo is a 12-week digital/mobile health coaching program based on 30 years of research to help you and your family eat healthier, exercise more, and manage weight. Rather than focus on calorie counting, Kurbo utilizes the proven Traffic Light food classification system to help you understand food choices, find healthy substitutions, and gradually decrease the number of red lights (unhealthy foods) over time. The Kurbo curriculum is based on proven behavior modification strategies for weight management and the research-based concept of supportive accountability, which is the belief that participant success and adherence is greatly improved through a support network of family and friends. In this program, your personal behavior coach will keep you accountable and motivated with weekly check-ins via video chat or phone.

You will learn simple behavior modification strategies and tools such as goal setting to help you reach your health goals. Between coaching sessions, you will track your food and exercise behaviors in the app and have access to learning materials like videos, cookbooks, and shopping lists to keep you motivated and on track. Lessons cover topics such as reading a food label, understanding portion size, meal planning, exercise strategies, and tips for eating out.

Omada – Online Weight-Loss Program for Prevention of Diabetes and Heart Disease
Start Anytime
Your Computer/Device
$550

Join this online health program to lose weight, develop healthy habits, and reduce your risk for chronic diseases like type 2 diabetes and heart disease. Omada is an innovative program that combines the support of a live health coach with a weekly online curriculum, helpful tools including a wireless scale and pedometer, and the accountability of a small group of peers. The program is all online, so you can participate via your computer, tablet, or smartphone, whenever it’s most convenient for you. Over 225 Stanford University employees have already enrolled!

You’ll learn new strategies related to nutrition and physical activity, and daily challenges that will help you create a sustainable healthy approach for the long term. Based on what you learn, you’ll set and meet personal and group health goals. The average participant loses 11 lbs in 16 weeks. Register anytime and begin the program within 2 weeks of your registration date.

Sleepio - Digital Sleep Improvement Program
Start Anytime
Your Computer/Device
$300
Sleep plays an essential role in regulating our emotions, behavior, and physiology. In fact, lack of sleep has been linked with 7 of the 15 leading causes of death in the United States, including heart disease, cancer and stroke. Sleepio is a digital sleep improvement program, scientifically proven to work. Over several weeks, you'll learn evidence-based techniques to improve your sleep using Cognitive Behavioral Therapy (CBT). CBT trains people to address the mental (or cognitive) factors associated with insomnia, such as the 'racing mind', and to overcome the worry and other negative emotions that accompany the experience of being unable to sleep.

The program consists of automated weekly sessions of about 15 minutes each, which you can view wherever and whenever is convenient for you, on your computer, tablet or phone. You'll also gain access to a library of articles and guides which cover common problem areas, like pregnancy and sleep, shift work, and jet lag.

Instructor: Sleepio's virtual sleep expert, The Prof, will guide you through the program. The Prof will help you get your sleep back on track by providing techniques that are tailored to your specific problems and progress.