

Body Meditation for Pain Management

Meets the Michigan LARA licensure requirement for Pain Management

Please bring a yoga mat and towel; dress comfortably in loose fitting clothing



Jill Eggers is an artist and art educator with a BFA from Western Michigan University and an MFA from Yale University. She led the Painting program at Grand Valley State University for 24 years and has taught at Wichita State University and in Chicago and England. Recently, her focus has been on using arts and meditation in healthcare education, including developing a course for pre-med students in collaboration with Harvard. She has a Buddhist teaching practice and painting studio in Grand Rapids, and her work is exhibited nationally.

Instructor - Jill Eggers



Date: December 11, 2024
Time: 9:00 AM - 11:00 AM
COURSE: \$59.00



Richard M Devos Center
Room 201A
401 West Fulton Street
Grand Rapids, MI 49504

This pain management training uses guided body meditation to bring awareness into the body. There will be a discussion of the science behind the idea that relaxed attention reduces pain, and use of the practice, followed by an hour long guided deep relaxation meditation done lying down. Participants will receive a transcript of the meditation to use in their own therapeutic practice, and an audio recording so you can do the practice yourself at home.

- Participants will be able to practice a body meditation for pain management and self-care.
- Participants will be able to guide others in a body meditation for pain management and self-care.
- Participants will be familiar with some of the reasons a body meditation can help with pain management.

Grand Valley School of social work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award Michigan social work continuing education contact hours

