

## **Program: Mind Body Medicine 4000**

### **Course: Attention and Interpretation Therapy (AIT)**

*Offered by Mayo School of Health Sciences; 2 credit course*

#### *Synopsis*

Stress is perceived when there is an imbalance in the demands placed on an individual and their ability to meet that demand. Resilience, also described as hardiness, entails an individual's ability to better cope with adversity and in turn survive and thrive amidst adversity. The two key elements of perception that directly impact well-being and resilience are our Attention and Interpretation. Research studies suggest that human attention is instinctively focused on threat and imperfections. Attention thus often is drawn inward in the mind, engaged within the default network of the brain.

In the AIT course, you will learn to train your attention so it is more balanced, flexible, relaxed, altruistic, non-judgmental, in the present moment, sustained and purposeful. Complementing with attention training, you will be provided guidance in interpretations to take them away from fixed prejudices toward a more flexible disposition while cultivating skills such as forgiveness, acceptance, compassion, gratitude, and toward higher meaning and purpose in life. The AIT course draws upon recent studies in neurosciences that form the basis of this therapy and will be partially covered in the curriculum. The course is designed to help you embody these skills in your personal life, as well as bring these skills to your work, and with training, teach patients and learners in this program.

#### *Structure*

- Duration: 6 months
- A total of 3 days on campus training
- Three phase design:
  - Phase I: Initial two-day intensive training at Mayo Clinic Rochester, MN (on campus)
  - Phase II: Six months facilitated learning with course instructor Dr. Amit Sood (at home)
  - Phase III: End-of-course assessment including essay, presentation, case study interview (on campus)

Upon satisfactory completion of the course, participants will receive 2 credits from Mayo School of Health Sciences along with a transcript of completion.

#### *Requirements*

Minimum of Bachelor's degree plus currently working in healthcare field

#### *Instructor*

Amit Sood, MD MSc  
Associate Professor of Medicine  
Director of Research and Practice, CIM Program  
Chair, Mayo Mind Body Initiative  
Consultant, General Internal Medicine  
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#### *Contact*

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