

Body Meditation for Pain Management

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



Speaker

Jill Eggers is an artist and art educator. She has a Bachelor of Fine Arts in Painting from Western Michigan University and a Master of Fine Arts in Painting/Printmaking from Yale University. She headed the Painting program at Grand Valley State University for the past 24 years and prior to that taught at Wichita State University. She has also taught in public schools in Chicago and England. Her teaching in recent years has focused on the potential of arts and meditation to facilitate learning and well being, in health care and other fields. She created an undergraduate course for pre- med students in collaboration with colleagues at Harvard University, to improve diagnostic capability and patient-caregiver communication. She has a Buddhist teaching practice and painting studio in downtown Grand Rapids. Her work is exhibited nationally and held in private and public collections.

At a glance...

This pain management training uses guided body meditation to bring awareness into the body. Relaxed attention reduces pain. Discussion of the science and use of the practice, followed by an hour long guided deep relaxation meditation done lying down. Please bring a yoga mat and towel; dress comfortably in loose fitting clothing. 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.

Objectives

Participants will:

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



Friday, April 25, 2025
12:00pm - 2:00pm



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GVSU - DeVos Center 201A
401 West Fulton Street
Grand Rapids, MI 49504

Cost
\$59

CE Credits
2.0

Course Level:
Beginner

Grand Valley State University 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.