BOOSTING DECISION MAKING SKILLS UNDER PRESSURE

This course focuses on boosting your ability to perform and make decisions under pressure. In today’s world, we are increasingly being asked to shoulder more responsibility and greater workloads while feeling beholden to greater expectations and demands. But often there is little training offered in how to manage these demands - particularly under stressful conditions. Unfortunately for many individuals, performance suffers under these types of conditions. Making the right call at the right time under duress can make the difference between who gets well and who does not. This course is both experiential and didactic. You will be encouraged to examine your reactions to pressure and fear.

IMPORTANT: Since this class includes an experiential component, active class participation and introspection are a must, as well as, a willingness to step outside your comfort zone. Students willing to explore these areas will get the best results. If you feel that this type of exploration is too much of a stretch, then this class will not be a good fit for you and it is best to not enroll.

This course will cover the following topics:

1. Learning how to use Self-Hypnosis, Meditation, and cognitive tools to better manage fear, stress, sleep, and/or pain -- all of which influence decision making under pressure.

2. Examine how fear and being uncomfortable play a major role in decision-making.

3. Explore how higher-order problem-solving ability is undermined by dysregulated limbic activation. You’ll learn how to improve cerebral regulation while also learning how to recondition limbic response related to fear and anger.

4. This course is both didactic and experiential. Hypnosis, Meditation, conditioning, and cognitive strategies will be major vehicles in this course for improving decision making skills under pressure.

Course Chair: Marc Schoen, Ph.D., is an Assistant Clinical Professor in the School of Medicine at UCLA, where he teaches hypnosis in the medical school and conducts research in the field of Health Psychology. He also is also actively involved in training UCLA athletes to perform and compete well under pressure. He was the founder and Director of the Psychoimmune (Behavioral Medicine) Program at Cedars-Sinai Medical Center in Los Angeles. Dr. Schoen and his work have been featured extensively in the Los Angeles Times, as well as The Wall Street Journal, New York Times, and other publications, such as Oprah, WebMD, Fortune, Prevention, Health, Natural Health, Yoga Journal in addition to being interviewed by major television and radio networks. He is the author of the current bestselling book Your Survival Instinct is Killing You, as well as, the author of When Relaxation is Hazardous to Your Health.

Teaching Methods: Discussions, Experience, Hypnosis, Meditation, and Self-examination

Enrollment: Maximum of 5 students

Sponsoring College: Primary Care College

Schedule: 4:00 – 6:00 p.m. Mondays, Session A starting 9/12/2016

Location: Dr. Schoen’s office in West Los Angeles, 864 South Robertson Blvd., Suite 206