

Overview of presentations

Dr. Dimon's presentations reinforce the power of the mind to help patients better handle stress and live more skillfully with chronic illness. Through mind/body techniques (or meditation techniques), you can put the power of your mind to work to reduce pain and stress related to your medical condition or to your role as a caregiver.

Each presentation has a distinct focus. **Meditation for Chronic Pain and Stress Management** concentrates on the elements of mind/body techniques and how patients and caregivers can use them. **Reframing Pain: A Research-Based Approach** discusses potential methods patients can use to reduce pain by changing their perception of pain through mind/body techniques. Together, these presentations cover the following topics:

- Self-transformation through self-care skills that enhance well-being and peace of mind
- The mechanics of stress and the role the mind plays in stress response
- The Gate Control Theory of Pain
- Reframing the context in which acute and chronic pain are experienced
- The preference process: identifying skillful different ways to respond, rather than react, to pain

Dr. Dimon ends each presentation with a quick review of the diverse types of meditation, including specific techniques that the group can use for pain and stress management.

Introducing your speaker: Diane Dimon

Diane Dimon, DrRS, is the founder of Matters of the Mind, a California-based company that teaches a full range of mind/body techniques for stress management, self-awareness, and health. Through Matters of the Mind, Dr. Dimon conducts seminars and retreats for various audiences, including healthcare providers, hospitals, businesses, and universities. She offers private instruction and consultation, and is certified to run continuing education classes for therapists and registered nurses in California.

Dr. Dimon is the author of the meditation training CD "Finding Stillness—Knowledge, Skills, and Practice for Meditation" and the workbook "Finding Stillness—Beginning Meditation Training." As a doctor of religious studies, Dr. Dimon has practiced a variety of mind/body techniques for 40 years and specializes in the study of consciousness, the mechanics of stress, and the connection between body and mind to help change the perception and experience of pain and stress.

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