Mindfulness in Clinical Practice: Our Patients, Ourselves

A Daylong CME Workshop

Mick Krasner, MD, FACP
May 11, 2013, 9 am to 5 pm

Medical Education and Telemedicine (MET) Building
Lower Auditorium
UC San Diego Campus

In response to the increasing pace and complexity of medical practice, physicians and other health professionals are experiencing unprecedented levels of job dissatisfaction and burnout, affecting their sense of well-being and the quality of care they provide. A powerful but under recognized approach to these challenges is to enhance the practitioners’ capacity for mindfulness. Mindfulness in medicine refers to the ability to be aware, in the present moment, on purpose, with the intention of providing better care to patients and of taking better care of oneself. Mindfulness is at the core of clinical competence, and includes the capacities for critical curiosity, attentive observation, beginner’s mind, and presence.

The workshop will introduce participants to the skills and tools necessary to bring mindful communications into daily clinical practice and continuing education, through an experiential understanding of mindfulness meditation, narrative medicine, and the application of appreciative inquiry in interpersonal dialogue. Participants will work together in large and small groups, with didactic elements built into the experiential exercises.

Mick Krasner, MD, FACP, Associate Professor of Clinical Medicine at the University of Rochester School of Medicine and Dentistry, practices primary care internal medicine in Rochester, NY. Krasner and has been teaching Mindfulness-Based Stress Reduction to patients, medical students, and health professionals for more than 12 years, involving nearly 1400 participants. He was the project director of Mindful Communication: Bringing Intention, Attention, and Reflection to Clinical Practice, sponsored by the NY Chapter of the American College of Physicians and funded by the Physicians Foundation for Health System Excellence and reported in JAMA in September, 2009.

Includes 1-Hour Special Session: Neuroscience of Mindfulness

With recent scientific and technological advances there has been a growing literature on the neuroscience correlates of contemplative practices. This discussion will focus on the roots, evolution and current manifestations of this body of work with special emphasis on its relation to mindfulness practice.

Thomas J. Chippendale MD PhD
Director of Neuroscience, Scripps Health Assistant Adjunct Professor of Neurology, UC San Diego

General Registration Fee

Prior to 4/11/13 After 4/10/13

General Registration Fee $200 $225
Students, Residents, UCSD Faculty/Staff $150 $175

Free Parking and Lunch Included

This activity has been approved for AMA PRA Category 1 Credit™
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At the conclusion of this activity, participants should be able to:

1) Define and describe the components of Mindful Practice and Mindful Communication
2) Describe how embodied awareness in interpersonal communication can help teams function more effectively
3) Define and describe the components of burnout
4) Describe physicians’ common reactions to suffering
5) Analyze one’s own reactions when encountering suffering in clinical settings

The University of California, San Diego School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

AMA: The University of California, San Diego School of Medicine designates this live activity for a maximum of 6.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For More Information About Attending, Exhibiting or Supporting This Conference In Any Way, Contact:
UC San Diego Center for Mindfulness   858-334-4636   mindfulness@ucsd.edu