

## Department of Medicine

# CONTINUING MEDICAL EDUCATION

## GRAND ROUNDS

### “Mindfulness, Medicine, Public Health and Healing: Catalyzing a Participatory Medicine Worldwide through MBSR (Mindfulness-Based Stress Reduction)”

**Jon Kabat-Zinn, PhD**

**Professor of Medicine Emeritus**

**Founder and Former Director, Center for Mindfulness in Medicine,  
Health Care and Society  
UMASS Medical School**

**Thursday, January 5, 2017**

**12 – 1 pm**

**Hiatt Auditorium – S1-608**

(Video-conferenced to Memorial Amphitheatre, Memorial Internal Medicine  
Resident Conf room, Tri-River Health Center and Milford Regional Medical  
Center)

#### (OBJECTIVES)

1. Define mindfulness as it is used in medicine and Mindfulness-Based Stress Reduction (MBSR).
2. Identify practical ways in which you could incorporate greater mindfulness into your life and work, including with your patients and at home.
3. Discuss the public health opportunities associated with a more mindfulness-based participatory approach to medicine and in health care more generally.

**Accreditation Statement:** The University of Massachusetts Medical School is accredited by the ACCME to provide continuing medical education for physicians.

**Designation Statement:** The UMMS designates this continuing medical education activity for a maximum of 1 AMA PRA Category 1 credit(s)™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

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