



Tail of the Tiger



PLEASE NOTE:
We have Rescheduled this event for
February 12–14, 2009

RECAPTURING THE CALLING OF HEALING:

Mindfulness Meditation for Health Care Providers

With Michael Baime, M.D., February 12 – 14, 2009, a CME-Certified Course



Michael Baime, M.D., is the founder and Director of the Penn Program for Stress Management at the University of Pennsylvania School of Medicine. The program was founded in 1992

and has trained more than 5,000 people in mindfulness-based stress management. Dr. Baime is the director of numerous courses at Penn that teach mindfulness meditation and spirituality, including electives offered in the medical and nursing schools, the Department of Pastoral Care, and the Department of Psychology. He graduated from the University of Pennsylvania School of Medicine in 1981 and has practiced meditation since 1969. He is a Clinical Associate Professor at the University of Pennsylvania, where he practices primary care medicine in the Division of General Internal Medicine. He is also involved in numerous research projects, including investigation into the relationship between meditation training and empathy, the cognitive neuroscience of meditation, and the clinical applications of mindfulness training, including its effectiveness as a treatment for obesity, multiple sclerosis, and attention deficit disorder.

Mindfulness cultivates a stable healing presence that benefits patients and providers alike. Mindfulness meditation techniques are widely used to manage stress, reducing the stresses of time pressure and excessive workload that make modern health care such a difficult profession. But mindfulness has much more to offer health care providers. In some cultures meditation has been used in a spiritual context, but there is nothing necessarily religious or spiritual about these exercises. They cultivate presence, empathy, compassion, and connectedness in a simple and straightforward way.

These experiences are especially useful for health care providers because they restore a component of healing that is often overlooked, providing a practical way to connect with our own sources of depth and meaning. As we become more adept at dwelling in the living presence of our own experience, we begin to connect more deeply with patients and co-workers. Thus, mindfulness practice provides a simple and practical way to recapture the calling of healing.

This workshop will review the basics of mindfulness meditation and explore how these techniques can be used to manage stress, enhance communication, and promote empathy and healing in clinical practice. Practical

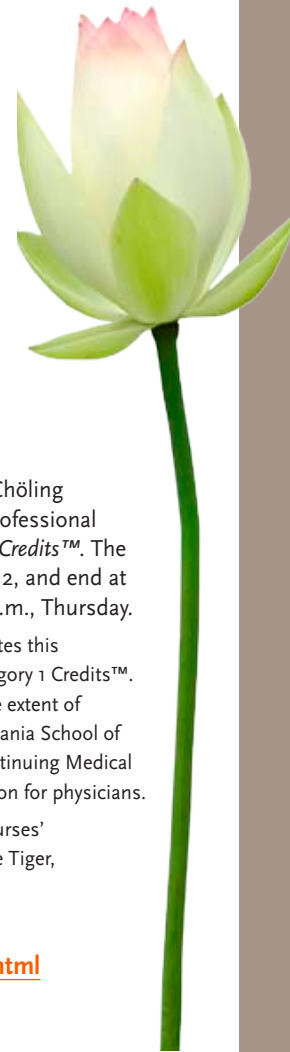
adaptations of mindfulness techniques will provide concrete mindfulness-based tools that can be used to help you to recapture the calling of healing in your own clinical practice.

No previous meditation experience required. Sessions will include periods of guided meditation practice, discussions of the role of mindfulness in practice, and structured interpersonal exercises that demonstrate the application of mindfulness to the encounter between patient and healer.

Program Fee: \$295 (includes meals from the Karmê Chöling kitchen), \$325 registrations after February 5, 2009 Professional Education Credit: Approved for *AMA PRA Category 1 Credits™*. The program will begin at 7:30 p.m., Thursday, February 12, and end at noon Saturday, February 14. Check-in available at 4 p.m., Thursday.

The University of Pennsylvania School of Medicine designates this educational activity for a maximum of 10.75 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity. The University of Pennsylvania School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

An application has been submitted to the Vermont state Nurses' Association, Inc. Please contact Patton Hyman at Tail of the Tiger, 802 633-2384, for more information about contact hours.



Call Tail of the Tiger Programs, at Karmê Chöling 802 633-2384 or visit http://www.tailofthetiger.org/medical_214.html
For more information about Tail of the Tiger, visit: www.tailofthetiger.org