



Integrative Medicine Grand Rounds

presents

Mindfulness in Medicine and Healthcare

Presenter:

Diane Reibel, PhD

Diane Reibel, PhD, co-founded the Jefferson Stress Reduction Program in 1996, which has evolved into a world class institute at the Myrna Brind Center of Integrative Medicine. Dr. Reibel is a Research Associate Professor at Jefferson, and she has published widely on the effects of Mindfulness-based Stress Reduction (MBSR) on physical and psychological health. She is co-author of *Teaching Mindfulness: A Practical Guide for Clinicians and Educators*.



Diane Reibel, PhD

Overall Goals and Objectives:

1. Identify recent advances in integrative medical care and discuss their application to clinical practice.
2. Describe the latest data on complementary and alternative medical therapies that could improve patient outcomes.
3. Discuss core integrative medicine topics that patients frequently ask physicians about.

Jefferson Medical College of Thomas Jefferson University is accredited by the ACCME to provide continuing medical education for physicians. Jefferson Medical College designates this live activity for a maximum of 1 AMA PRA Category Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

February 4, 2014 8:00 – 9:00 a.m.

925 Chestnut Street, 2nd Floor Conference Room

For more information, please call

Donna Smith 215-955-3014.